



Big Game Week: Pastrami and Aged Cheddar Football Panini

♥ Popular

READY IN



18 min.

SERVINGS



4

CALORIES



325 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon horseradish prepared
- ☐ 2 tablespoons mayonnaise reduced-fat
- ☐ 1 teaspoon onion finely grated
- ☐ 2 tablespoons peperoncini sliced
- ☐ 8 slices pumpernickel bread
- ☐ 4 servings salt and pepper
- ☐ 4 ounces sharp aged cheddar cheese shredded

- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 0.5 teaspoon worcestershire sauce

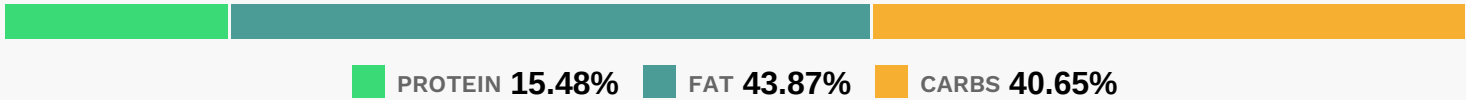
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk together the horseradish sauce ingredients in a small bowl, seasoning it with salt and pepper to your taste. Refrigerate the sauce until you're ready to use it.
- ☐ Spread a few teaspoons of horseradish sauce on one slice of bread (see advice below for cutting the bread into football shapes). Top it with a few slices of pastrami, a few slices of peperoncini and a few tablespoons of cheese. Close the sandwich with a second slice of bread.Grill the panini until the cheese is melted and the bread is toasted, 3 to 4 minutes.
- ☐ Serve them immediately, with a bowl of Manhattan clam chowder, if you like.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:15, Inflammation Score:-5, Nutrition Score:13.515217299047%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 325.36kcal (16.27%), Fat: 16.03g (24.65%), Saturated Fat: 7.42g (46.4%), Carbohydrates: 33.41g (11.14%), Net Carbohydrates: 28.87g (10.5%), Sugar: 1.71g (1.9%), Cholesterol: 37.95mg (12.65%), Sodium: 849.46mg (36.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.72g (25.45%), Manganese: 0.85mg (42.67%), Selenium: 24.55µg (35.07%), Calcium: 263.06mg (26.31%), Phosphorus: 259.86mg (25.99%), Vitamin B2: 0.35mg (20.61%), Fiber: 4.54g (18.17%), Folate: 71.05µg (17.76%), Vitamin B1: 0.23mg (15.2%), Zinc: 2.09mg (13.95%), Magnesium: 46.21mg (11.55%), Iron: 1.99mg (11.08%), Vitamin B3: 2.12mg (10.59%), Copper: 0.21mg (10.4%), Vitamin

C: 7.31mg (8.86%), Vitamin A: 404.33IU (8.09%), Vitamin B6: 0.14mg (6.8%), Potassium: 210.01mg (6%), Vitamin K: 5.93µg (5.65%), Vitamin B12: 0.33µg (5.51%), Vitamin E: 0.74mg (4.94%), Vitamin B5: 0.45mg (4.52%), Vitamin D: 0.17µg (1.13%)