



California Sourdough Veggie Panini

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 slices avocado thin
- 0.5 cup baby spinach leaves
- 6 basil leaves fresh
- 1 Tbsp mayo with olive oil reduced fat mayonnaise kraft
- 1 onion red thin
- 1 slim cut sharp cheddar cheese kraft
- 2 slices sourdough bread
- 2 slices tomatoes thin

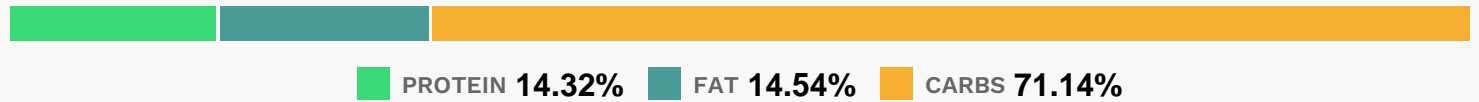
Equipment

- grill
- panini press

Directions

- Heat panini grill sprayed with cooking spray.
- Spread 1 bread slice with mayo. Fill bread slices with remaining ingredients.
- Grill 2 to 3 min. or until golden brown.

Nutrition Facts



Properties

Glycemic Index:31.45, Glycemic Load:5.36, Inflammation Score:-2, Nutrition Score:2.5726087179197%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 43.87kcal (2.19%), Fat: 0.72g (1.1%), Saturated Fat: 0.15g (0.92%), Carbohydrates: 7.9g (2.63%), Net Carbohydrates: 7.37g (2.68%), Sugar: 1.12g (1.25%), Cholesterol: 0.32mg (0.11%), Sodium: 90.95mg (3.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Vitamin K: 9.21µg (8.77%), Vitamin B1: 0.1mg (6.51%), Selenium: 3.8µg (5.42%), Folate: 21.26µg (5.31%), Manganese: 0.1mg (4.91%), Vitamin B2: 0.06mg (3.62%), Vitamin B3: 0.65mg (3.25%), Iron: 0.58mg (3.2%), Vitamin A: 157.62IU (3.15%), Fiber: 0.53g (2.11%), Phosphorus: 18.37mg (1.84%), Magnesium: 6.7mg (1.67%), Vitamin C: 1.34mg (1.62%), Vitamin B6: 0.03mg (1.56%), Copper: 0.03mg (1.38%), Potassium: 42.55mg (1.22%), Calcium: 11.94mg (1.19%), Zinc: 0.17mg (1.12%)