



Cheddar Bread Breakfast Panini

 Vegetarian  Gluten Free

READY IN



170 min.

SERVINGS



8

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 oz sharp cheddar cheese shredded
- ☐ 1.5 cups milk
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 7 eggs
- ☐ 0.3 cup whipping cream
- ☐ 2 teaspoons butter
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon pepper black

- ☐ 6 oz cheddar cheese
- ☐ 1 serving olive oil cooking spray
- ☐ 1 cup baby spinach fresh loosely packed
- ☐ 3.8 cups frangelico

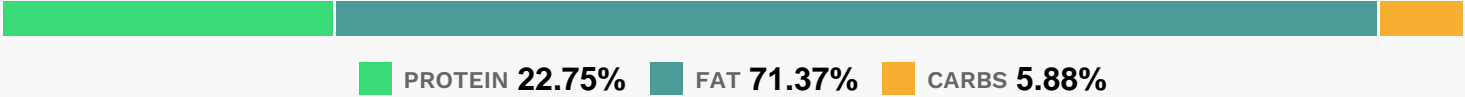
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ loaf pan
- ☐ toothpicks
- ☐ grill

Directions

- ☐ Heat oven to 350°F. Spray 8x4- inch loaf pan with cooking spray. In medium bowl, stir Bisquick mix and 3/4 cup cheese.
- ☐ Add milk, red pepper and 1 of the eggs; stir 2 minutes. Spoon into pan.
- ☐ Bake 50 minutes or until toothpick inserted in center comes out clean. Cool completely, at least 1 hour 30 minutes.
- ☐ In medium bowl, beat remaining 6 eggs and the whipping cream. In 10-inch nonstick skillet, melt butter over medium heat.
- ☐ Add egg mixture; cook, stirring occasionally, until almost set.
- ☐ Sprinkle with salt and black pepper; remove from heat.
- ☐ Heat closed contact grill 5 minutes.
- ☐ Cut loaf diagonally into 8 (1/2-inch) slices.
- ☐ Place 1 cheese slice on each of the 4 bread slices; spoon scrambled eggs on top. Top with another cheese slice. Top with remaining bread. Spray tops with cooking spray.
- ☐ Place sandwiches on grill. Close grill; cook 2 to 3 minutes or until bread is toasted and cheese is melted.
- ☐ Add spinach to each sandwich before serving. To serve, cut each sandwich in half.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:1.06, Inflammation Score:-6, Nutrition Score:10.900000087593%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 248.35kcal (12.42%), Fat: 19.71g (30.32%), Saturated Fat: 10.54g (65.88%), Carbohydrates: 3.66g (1.22%), Net Carbohydrates: 3.53g (1.28%), Sugar: 2.69g (2.99%), Cholesterol: 191.7mg (63.9%), Sodium: 366.37mg (15.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.13g (28.26%), Selenium: 22µg (31.43%), Calcium: 312.93mg (31.29%), Phosphorus: 275.34mg (27.53%), Vitamin B2: 0.4mg (23.65%), Vitamin A: 1120.48IU (22.41%), Vitamin K: 19.71µg (18.77%), Vitamin B12: 0.94µg (15.7%), Zinc: 1.9mg (12.65%), Vitamin D: 1.58µg (10.56%), Vitamin B5: 0.92mg (9.17%), Folate: 32.49µg (8.12%), Vitamin B6: 0.13mg (6.36%), Vitamin E: 0.86mg (5.73%), Magnesium: 22.54mg (5.63%), Potassium: 177.54mg (5.07%), Iron: 0.85mg (4.73%), Vitamin B1: 0.06mg (3.67%), Manganese: 0.07mg (3.34%), Copper: 0.05mg (2.32%), Vitamin C: 1.15mg (1.39%)