



Cheddar, Fig Jam and Rosemary Candied Pecan Panini



Vegetarian



Popular

READY IN



65 min.

SERVINGS



4

CALORIES



835 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter at room temperature ()
- ☐ 0.5 teaspoon coarse salt
- ☐ 1 large egg white
- ☐ 4 tablespoons let set min. spread
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 0.1 teaspoon ground pepper
- ☐ 1 cup pecans chopped

- ☐ 8 slices rustic bread white sliced
- ☐ 8 ounces sharp cheddar cheese sliced
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon water

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ slotted spoon
- ☐ toaster

Directions

- ☐ Heat the oven or toaster oven to 300°F. Line a baking sheet with foil and spray the foil with nonstick cooking spray.
- ☐ Place the sugar, rosemary, salt, and cayenne in a zipper-top plastic bag. Seal the bag and shake it well to combine it all. In a medium-size bowl, whisk together the egg white and water until the mixture is slightly foamy.
- ☐ Add the pecans and toss to coat them well. With a slotted spoon, transfer the pecans to the bag with the sugar mixture. Seal the bag and shake it well to coat all of the pecans.
- ☐ Transfer the coated pecans to the baking sheet and bake them for 30 minutes, giving them a stir with a fork after about 15 minutes. Set them aside to cool.
- ☐ Spread butter on two slices of bread to flavor the outside of the sandwich. Flip over one slice and top the other side with cheese and some candied pecans. Flip over the other slice of bread and spread 1 tablespoon fig jam on the other side.
- ☐ Place it, buttered side up, on top of the sandwich to close it. Grill two panini at a time, with the lid closed, until the cheese is melted and the bread is toasted, 4 to 5 minutes.

Nutrition Facts

PROTEIN 9.39% FAT 67.98% CARBS 22.63%

Properties

Glycemic Index:61.02, Glycemic Load:14.45, Inflammation Score:-7, Nutrition Score:16.252173926519%

Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 834.81kcal (41.74%), Fat: 64.45g (99.15%), Saturated Fat: 27.45g (171.57%), Carbohydrates: 48.26g (16.09%), Net Carbohydrates: 44.07g (16.02%), Sugar: 32.97g (36.63%), Cholesterol: 86.8mg (28.93%), Sodium: 918.44mg (39.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.03g (40.06%), Manganese: 1.24mg (62.07%), Calcium: 427.34mg (42.73%), Phosphorus: 357.44mg (35.74%), Selenium: 19.23µg (27.48%), Zinc: 3.42mg (22.82%), Vitamin B2: 0.38mg (22.12%), Vitamin A: 960.71IU (19.21%), Copper: 0.36mg (18.18%), Vitamin B1: 0.26mg (17.05%), Fiber: 4.19g (16.78%), Magnesium: 57.01mg (14.25%), Folate: 45.51µg (11.38%), Vitamin B3: 2.17mg (10.87%), Vitamin B12: 0.63µg (10.54%), Iron: 1.72mg (9.53%), Vitamin E: 1.17mg (7.78%), Potassium: 271.67mg (7.76%), Vitamin B6: 0.1mg (5.08%), Vitamin B5: 0.5mg (5.04%), Vitamin K: 3.34µg (3.19%), Vitamin D: 0.34µg (2.27%), Vitamin C: 1.59mg (1.93%)