



Cheesy Ham & Apple Panini

READY IN



10 min.

SERVINGS



10

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices apples thin
- 1 big colby jack cheese kraft
- 4 slices oscar mayer natural applewood ham smoked
- 1 tsp grey poupon savory honey mustard
- 2 tsp real mayo mayonnaise kraft
- 1 tsp olive oil
- 1 onion red thin
- 2 slices sourdough bread

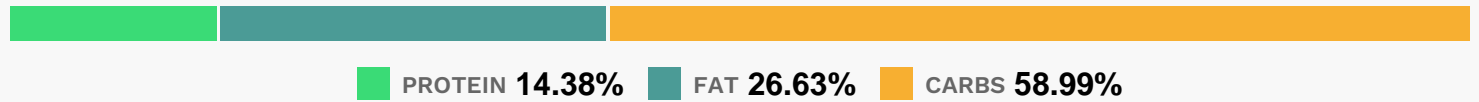
Equipment

- grill
- panini press

Directions

- Heat panini grill.
- Mix mayo and mustard; spread onto bread slices. Fill with onion, ham, apples and cheese.
- Brush outside of sandwich with oil.
- Grill 3 min. or until golden brown.

Nutrition Facts



Properties

Glycemic Index:18.95, Glycemic Load:7.74, Inflammation Score:-2, Nutrition Score:3.9739130657652%

Flavonoids

Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 4.92mg, Epicatechin: 4.92mg, Epicatechin: 4.92mg, Epicatechin: 4.92mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 111.25kcal (5.56%), Fat: 3.39g (5.22%), Saturated Fat: 0.94g (5.85%), Carbohydrates: 16.9g (5.63%), Net Carbohydrates: 14.86g (5.41%), Sugar: 7.96g (8.85%), Cholesterol: 7.38mg (2.46%), Sodium: 219.29mg (9.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Vitamin B1: 0.17mg (11.63%), Selenium: 6.29µg (8.99%), Fiber: 2.04g (8.15%), Vitamin B3: 1.19mg (5.94%), Vitamin B2: 0.1mg (5.88%), Manganese: 0.11mg (5.29%), Folate: 20.19µg (5.05%), Phosphorus: 48.42mg (4.84%), Vitamin B6: 0.1mg (4.82%), Vitamin C: 3.82mg (4.63%),

Iron: 0.7mg (3.91%), Potassium: 133.34mg (3.81%), Vitamin K: 3.15µg (3%), Zinc: 0.44mg (2.95%), Magnesium: 10.63mg (2.66%), Copper: 0.05mg (2.54%), Vitamin E: 0.28mg (1.86%), Vitamin B5: 0.15mg (1.49%), Calcium: 14.65mg (1.46%), Vitamin B12: 0.07µg (1.22%)