



Chocolate Panini

READY IN



15 min.

SERVINGS



4

CALORIES



340 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup nutella
- ☐ 2 ounces bittersweet chocolate finely chopped
- ☐ 2 tablespoons butter unsalted softened
- ☐ 8 pieces sandwich bread white thinly sliced

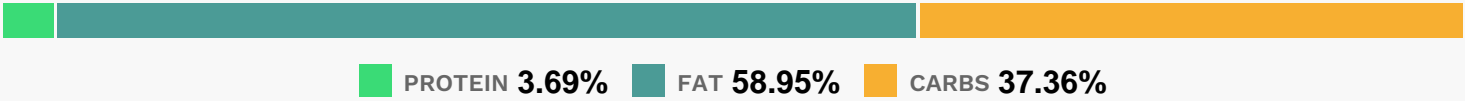
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Spread butter on one side of each bread slice.
- ☐ Lay slices on a piece of waxed paper, butter side down.
- ☐ Spread 1 heaping tablespoonful of Nutella over four slices.
- ☐ Sprinkle chocolate over, leaving a 1/4-inch border. Cover with remaining bread, butter side up.
- ☐ Warm a griddle or large nonstick skillet over medium-high heat. Working in batches, place panini on griddle and cook, pressing down with a spatula, until golden brown, about 2 minutes. Turn and cook on the other side until golden, about 2 minutes. Cool slightly and use a sharp cutter to form heart shapes, or cut diagonally into triangles. Repeat with remaining panini.

Nutrition Facts



Properties

Glycemic Index:26.03, Glycemic Load:6.97, Inflammation Score:-3, Nutrition Score:6.6860868853071%

Nutrients (% of daily need)

Calories: 339.79kcal (16.99%), Fat: 22.32g (34.33%), Saturated Fat: 17.39g (108.66%), Carbohydrates: 31.82g (10.61%), Net Carbohydrates: 28.61g (10.4%), Sugar: 25.56g (28.41%), Cholesterol: 15.9mg (5.3%), Sodium: 27.1mg (1.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 14.82mg (4.94%), Protein: 3.14g (6.29%), Manganese: 0.53mg (26.27%), Copper: 0.36mg (17.82%), Iron: 2.61mg (14.48%), Vitamin E: 2.11mg (14.07%), Fiber: 3.2g (12.82%), Magnesium: 49.63mg (12.41%), Phosphorus: 97.79mg (9.78%), Potassium: 237.02mg (6.77%), Calcium: 55.19mg (5.52%), Zinc: 0.8mg (5.31%), Vitamin B2: 0.08mg (4.58%), Selenium: 3.07µg (4.39%), Vitamin A: 183.16IU (3.66%), Vitamin B1: 0.05mg (3.13%), Vitamin B12: 0.14µg (2.31%), Vitamin K: 2.23µg (2.12%), Vitamin B5: 0.19mg (1.95%), Folate: 7.68µg (1.92%), Vitamin B3: 0.38mg (1.89%), Vitamin B6: 0.04mg (1.88%)