

## Chocolate Panini

 Dairy Free

READY IN



8 min.

SERVINGS



3

CALORIES



474 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 4 ounce bittersweet chocolate baking bar (with ghirardelli) coarsely chopped
- ☐ 8 ounce ciabatta bread
- ☐ 2 tablespoons olive oil

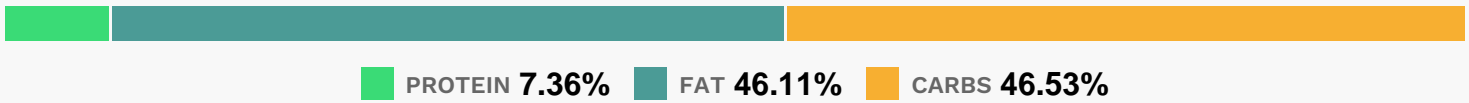
### Equipment

- ☐ panini press

### Directions

- ☐ Preheat panini press according to manufacturer's instructions.
- ☐ Slice bread into 10 (1") pieces; slice each piece in half.
- ☐ Brush crust sides of each piece of bread with olive oil. Turn bottoms of bread, oiled side down.
- ☐ Place chocolate evenly on bottom pieces of bread; cover with tops of bread, oiled side up.
- ☐ Place 5 sandwiches in panini press; cook 1 minute or just until chocolate begins to melt and bread is toasted. Repeat procedure with remaining sandwiches.
- ☐ Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:6.4747826249703%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 474.49kcal (23.72%), Fat: 24.34g (37.45%), Saturated Fat: 9.92g (61.99%), Carbohydrates: 55.27g (18.42%), Net Carbohydrates: 51.41g (18.7%), Sugar: 13.88g (15.42%), Cholesterol: 2.27mg (0.76%), Sodium: 374.4mg (16.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 32.51mg (10.84%), Protein: 8.74g (17.48%), Manganese: 0.5mg (25.04%), Copper: 0.47mg (23.59%), Magnesium: 66.53mg (16.63%), Fiber: 3.86g (15.42%), Iron: 2.44mg (13.56%), Vitamin E: 1.57mg (10.45%), Phosphorus: 98.28mg (9.83%), Vitamin K: 8.34µg (7.94%), Zinc: 1mg (6.68%), Potassium: 214.42mg (6.13%), Selenium: 3.18µg (4.54%), Calcium: 23.53mg (2.35%), Vitamin B3: 0.32mg (1.58%), Vitamin B12: 0.07µg (1.13%), Vitamin B5: 0.11mg (1.13%), Vitamin B2: 0.02mg (1.09%)