



Classic Italian Panini with Prosciutto and Fresh Mozzarella

READY IN



21 min.

SERVINGS



4

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce bread french cut in half horizontally
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 2 plum tomatoes thinly sliced
- ☐ 2 ounces pancetta very thin
- ☐ 4 ounces mozzarella cheese fresh shredded divided

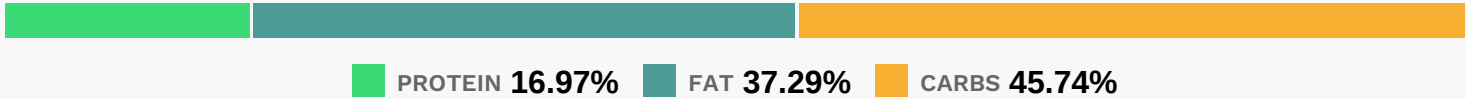
Equipment

- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Hollow out top and bottom halves of bread, leaving a 1/2-inch-thick shell; reserve torn bread for another use.
- ☐ Spread 2 tablespoons mayonnaise over cut side of each bread half.
- ☐ Sprinkle basil and 1/2 cup cheese on bottom half of loaf. Top evenly with prosciutto, tomato slices, and remaining 1/2 cup cheese. Cover with top half of loaf.
- ☐ Cut filled loaf crosswise into 4 equal pieces.
- ☐ Heat a grill pan over medium heat. Coat pan with cooking spray.
- ☐ Add sandwiches to pan.
- ☐ Place a cast-iron or other heavy skillet on top of sandwiches; press gently to flatten sandwiches. Cook 3 minutes on each side or until bread is toasted (leave cast-iron skillet on sandwiches while they cook).

Nutrition Facts



Properties

Glycemic Index:53.88, Glycemic Load:34.52, Inflammation Score:-6, Nutrition Score:15.864347805148%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 414.62kcal (20.73%), Fat: 17.2g (26.46%), Saturated Fat: 6.56g (40.97%), Carbohydrates: 47.47g (15.82%), Net Carbohydrates: 45.21g (16.44%), Sugar: 5.54g (6.15%), Cholesterol: 33.99mg (11.33%), Sodium: 900.95mg (39.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.62g (35.23%), Selenium: 32.36µg (46.23%), Vitamin B1: 0.66mg (44.29%), Folate: 112.48µg (28.12%), Vitamin B2: 0.46mg (27.15%), Manganese: 0.5mg (25.18%), Vitamin B3: 4.89mg (24.47%), Phosphorus: 220.17mg (22.02%), Iron: 3.64mg (20.24%), Calcium: 193.81mg (19.38%), Vitamin K: 15.36µg (14.63%), Zinc: 1.95mg (13%), Vitamin B12: 0.72µg (11.95%), Vitamin A: 517.67IU (10.35%), Magnesium:

38.92mg (9.73%), Fiber: 2.26g (9.04%), Vitamin B6: 0.17mg (8.29%), Copper: 0.16mg (8.16%), Potassium: 229.88mg (6.57%), Vitamin C: 4.43mg (5.37%), Vitamin E: 0.78mg (5.17%), Vitamin B5: 0.44mg (4.41%), Vitamin D: 0.17µg (1.13%)