



## Cook the Book: Healthy and Delicious Artichoke, Oven-Roasted Tomato, and Goat Cheese Panini

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



836 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

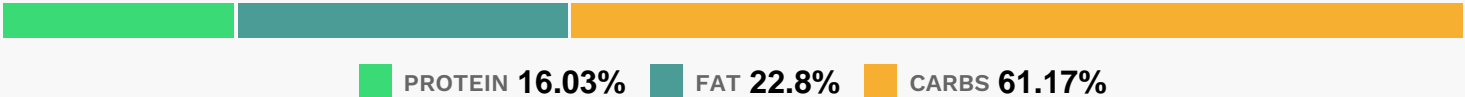
- ☐ 2 crusty baguette
- ☐ 1 tablespoon basil fresh finely chopped
- ☐ 3 ounces goat cheese fresh
- ☐ 1 marinated artichoke drained quartered
- ☐ 1.5 teaspoons olive oil extra virgin extra-virgin
- ☐ 10 sun-dried olives

# Equipment

## Directions

- ☐
- Place sandwiches in the press, pulling down top and cooking till sandwiches are browned, 4 to 7 minutes, depending on heat of your machine.
- ☐
- Remove from press and serve immediately.
- ☐
- Notes
- ☐
- If you sub in greens for the basil, try arugula, whose peppery flavor plays well against the tanginess of the goat cheese.
- ☐
- Place it on the sandwich after cooking.

## Nutrition Facts



## Properties

Glycemic Index:85.88, Glycemic Load:83.82, Inflammation Score:-9, Nutrition Score:33.50260844438%

## Nutrients (% of daily need)

Calories: 835.96kcal (41.8%), Fat: 21.03g (32.35%), Saturated Fat: 8.23g (51.44%), Carbohydrates: 126.93g (42.31%), Net Carbohydrates: 120.01g (43.64%), Sugar: 16.08g (17.87%), Cholesterol: 19.56mg (6.52%), Sodium: 1793.99mg (78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.26g (66.51%), Vitamin B1: 1.54mg (102.53%), Folate: 280.08µg (70.02%), Manganese: 1.4mg (69.93%), Selenium: 44.74µg (63.92%), Vitamin B3: 12.45mg (62.23%), Vitamin B2: 1.01mg (59.63%), Iron: 10.55mg (58.58%), Phosphorus: 382.52mg (38.25%), Copper: 0.76mg (37.98%), Calcium: 339.13mg (33.91%), Fiber: 6.93g (27.7%), Magnesium: 91.84mg (22.96%), Vitamin B6: 0.4mg (20.05%), Potassium: 667.04mg (19.06%), Vitamin K: 18.52µg (17.64%), Zinc: 2.57mg (17.16%), Vitamin A: 794.43IU (15.89%), Vitamin B5: 1.45mg (14.45%), Vitamin C: 8.61mg (10.44%), Vitamin E: 1.24mg (8.28%), Vitamin B12: 0.08µg (1.35%), Vitamin D: 0.17µg (1.13%)