



Country Ham-and-Peach Panini

READY IN



20 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices ciabatta bread
- ☐ 4 teaspoons dijon mustard coarse-grained
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 4 oz fontina
- ☐ 0.8 lb peaches unpeeled sliced
- ☐ 4 servings pepper freshly ground
- ☐ 4 ounces serrano ham thinly sliced

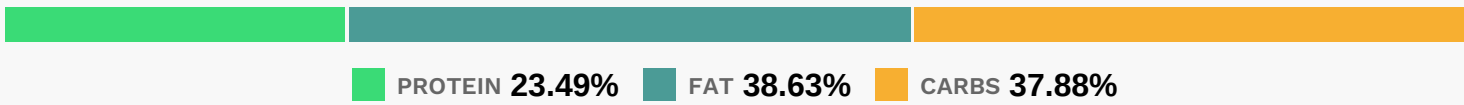
Equipment

- ☐ grill pan
- ☐ panini press

Directions

- ☐ Spread each of 4 bread slices with 1 tsp. mustard, and sprinkle with desired amount of freshly ground pepper.
- ☐ Layer with cheese, ham, peaches, and, if desired, honey. Top with remaining bread slices, and press together gently.
- ☐ Brush sandwiches with olive oil.
- ☐ Cook sandwiches, in batches, in a preheated panini press 3 to 4 minutes or until golden brown and cheese is melted. (Or use a preheated nonstick grill pan, and cook sandwiches over medium heat 3 to 4 minutes on each side.)
- ☐ Serve immediately.
- ☐ *Any firm white bread may be substituted.

Nutrition Facts



Properties

Glycemic Index:32.81, Glycemic Load:3.09, Inflammation Score:-4, Nutrition Score:5.7330434270527%

Flavonoids

Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg Catechin: 4.18mg, Catechin: 4.18mg, Catechin: 4.18mg, Catechin: 4.18mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epigallocatechin: 0.88mg Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg, Epicatechin: 1.99mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 369.15kcal (18.46%), Fat: 16.14g (24.84%), Saturated Fat: 6.69g (41.82%), Carbohydrates: 35.62g (11.87%), Net Carbohydrates: 33.49g (12.18%), Sugar: 7.65g (8.5%), Cholesterol: 48.08mg (16.03%), Sodium: 1124.13mg (48.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.09g (44.17%), Calcium: 162.95mg (16.3%), Phosphorus: 122.36mg (12.24%), Selenium: 7.6µg (10.86%), Vitamin A: 540.19IU (10.8%), Fiber: 2.13g (8.53%), Zinc: 1.22mg (8.14%), Vitamin E: 1.22mg (8.13%), Vitamin B12: 0.48µg (7.94%), Vitamin K: 5.63µg (5.37%), Vitamin B2:

0.09mg (5.16%), Manganese: 0.09mg (4.47%), Iron: 0.8mg (4.46%), Vitamin C: 3.51mg (4.25%), Copper: 0.08mg (3.92%), Vitamin B3: 0.76mg (3.79%), Potassium: 130.77mg (3.74%), Magnesium: 13.34mg (3.34%), Vitamin B5: 0.27mg (2.68%), Vitamin B6: 0.05mg (2.43%), Vitamin B1: 0.04mg (2.39%), Folate: 7.17µg (1.79%), Vitamin D: 0.17µg (1.13%)