



Creamy Banana Foster Dessert Panini

READY IN



15 min.

SERVINGS



15

CALORIES



747 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup bananas chopped
- 2 Tbsp brown sugar
- 2 Tbsp butter melted
- 4 oz philadelphia cream cheese softened ()
- 4 bread italian ()
- 2 oz baker's semi-sweet chocolate finely chopped ()

Equipment

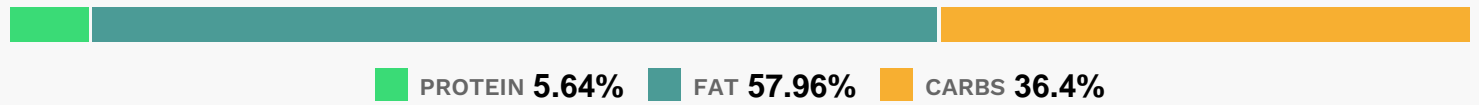
- bowl

- grill
- panini press

Directions

- Heat panini grill.
- Mix cream cheese and sugar in medium bowl until blended. Stir in bananas and chocolate; spread onto 4 bread slices. Cover with remaining bread slices.
- Brush both sides of sandwiches with butter.
- Grill 2 min. or until golden brown.
- Cut in half.

Nutrition Facts



Properties

Glycemic Index:8.79, Glycemic Load:0.67, Inflammation Score:-3, Nutrition Score:6.1765216666719%

Flavonoids

Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 746.51kcal (37.33%), Fat: 48.24g (74.22%), Saturated Fat: 26.53g (165.83%), Carbohydrates: 68.17g (22.72%), Net Carbohydrates: 63.51g (23.09%), Sugar: 41.16g (45.74%), Cholesterol: 11.93mg (3.98%), Sodium: 484.96mg (21.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.25mg (1.08%), Protein: 10.55g (21.11%), Vitamin B3: 5.51mg (27.55%), Folate: 77.86µg (19.46%), Fiber: 4.66g (18.64%), Iron: 2.81mg (15.6%), Vitamin B1: 0.17mg (11.58%), Potassium: 314.03mg (8.97%), Vitamin B2: 0.13mg (7.78%), Magnesium: 29.4mg (7.35%), Phosphorus: 64.23mg (6.42%), Manganese: 0.07mg (3.27%), Vitamin A: 153.93IU (3.08%), Copper: 0.05mg (2.66%), Zinc: 0.39mg (2.6%), Selenium: 1.06µg (1.51%), Vitamin B6: 0.02mg (1.23%), Calcium: 11.71mg (1.17%)