



Creamy Mediterranean Paninis

 Vegetarian

READY IN



24 min.

SERVINGS



20

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup basil leaves fresh chopped
- ☐ 0.5 cup mayonnaise dressing with olive oil, divided best foods®
- ☐ 2 tablespoons oil-cured olives black finely chopped
- ☐ 4 slices provolone cheese
- ☐ 7 oz roasted peppers red drained sliced
- ☐ 8 slices rustic grain bread whole (1/)
- ☐ 1 small zucchini thinly sliced

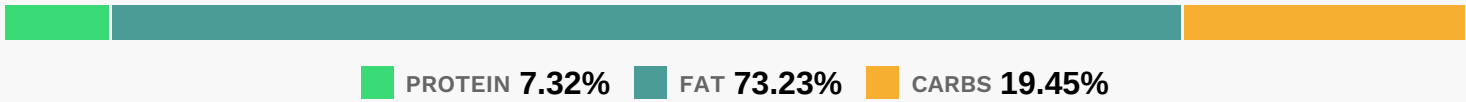
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Combine 1/4 cup Hellmann's or Best Foods Mayonnaise Dressing with Olive Oil, basil with olives in small bowl. Evenly spread bread slices with mayonnaise mixture, then layer 4 bread slices with zucchini, provolone, peppers and bacon. Top with remaining 4 bread slices.
- ☐ Spread remaining Mayonnaise on outside of sandwiches and cook in 12-inch nonstick skillet or grill pan over medium heat, turning once, until sandwiches are golden brown and cheese is melted, about 4 minutes.

Nutrition Facts



Properties

Glycemic Index:8.1, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.1439130520043%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 100.08kcal (5%), Fat: 8.2g (12.61%), Saturated Fat: 2.87g (17.92%), Carbohydrates: 4.9g (1.63%), Net Carbohydrates: 4.41g (1.6%), Sugar: 2.68g (2.98%), Cholesterol: 4.97mg (1.66%), Sodium: 241.67mg (10.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.69%), Vitamin K: 10.72µg (10.21%), Vitamin C: 5.72mg (6.94%), Calcium: 35.14mg (3.51%), Phosphorus: 27.41mg (2.74%), Vitamin A: 119.45IU (2.39%), Vitamin B3: 0.45mg (2.26%), Folate: 8.93µg (2.23%), Fiber: 0.49g (1.96%), Iron: 0.31mg (1.75%), Vitamin B2: 0.03mg (1.72%), Potassium: 54.83mg (1.57%), Vitamin B6: 0.03mg (1.56%), Vitamin E: 0.23mg (1.55%), Manganese: 0.03mg (1.53%), Zinc: 0.19mg (1.24%), Magnesium: 4.91mg (1.23%), Vitamin B1: 0.02mg (1.19%), Vitamin B12: 0.06µg (1.04%), Selenium: 0.73µg (1.04%), Copper: 0.02mg (1.01%)