



WHATSheATE



Fig and Brie Panini with Prosciutto

👤 Popular

READY IN



45 min.

SERVINGS



1

CALORIES



797 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bread cut in half)
- ☐ 4 ounces round of président brie sliced ()
- ☐ 2 figs sliced ()
- ☐ 1 serving olive oil
- ☐ 2 slices pancetta

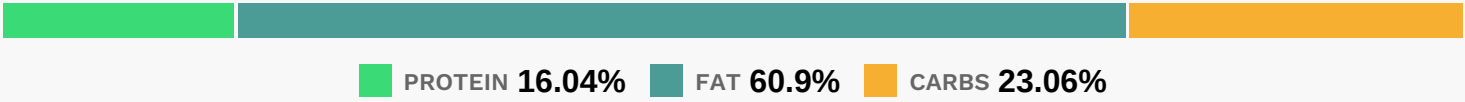
Equipment

- ☐ grill

Directions

- ☐ Assemble the sandwich and brush the outsides with olive oil.
- ☐ Grill until the brie is nice and melted and the bread is golden brown.

Nutrition Facts



Properties

Glycemic Index:146.67, Glycemic Load:24.37, Inflammation Score:-7, Nutrition Score:22.557391104491%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 796.67kcal (39.83%), Fat: 54.6g (84%), Saturated Fat: 24.24g (151.51%), Carbohydrates: 46.52g (15.51%), Net Carbohydrates: 41.38g (15.05%), Sugar: 20.02g (22.24%), Cholesterol: 123.96mg (41.32%), Sodium: 1085.35mg (47.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.35g (64.7%), Selenium: 35.99µg (51.41%), Vitamin B2: 0.79mg (46.69%), Manganese: 0.84mg (41.79%), Vitamin B12: 1.95µg (32.52%), Phosphorus: 322.47mg (32.25%), Folate: 127.31µg (31.83%), Calcium: 314.59mg (31.46%), Vitamin B1: 0.41mg (27.58%), Vitamin B6: 0.48mg (24.21%), Zinc: 3.62mg (24.13%), Vitamin B3: 4.6mg (23.02%), Fiber: 5.14g (20.56%), Vitamin K: 18.48µg (17.6%), Iron: 3.1mg (17.21%), Vitamin E: 2.57mg (17.16%), Vitamin A: 820.36IU (16.41%), Vitamin B5: 1.63mg (16.3%), Magnesium: 64.56mg (16.14%), Potassium: 515.15mg (14.72%), Copper: 0.18mg (9.06%), Vitamin D: 0.63µg (4.21%), Vitamin C: 2.11mg (2.56%)