



Goat Cheese and Roasted Pepper Panini



Vegetarian

READY IN



11 min.

SERVINGS



4

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 basil leaves
- ☐ 3 ounce goat cheese softened
- ☐ 12 kalamata olives pitted coarsely chopped
- ☐ 1 cup bottled roasted bell peppers red
- ☐ 2 ounce sourdough bread
- ☐ 2 cups spring mix greens

Equipment

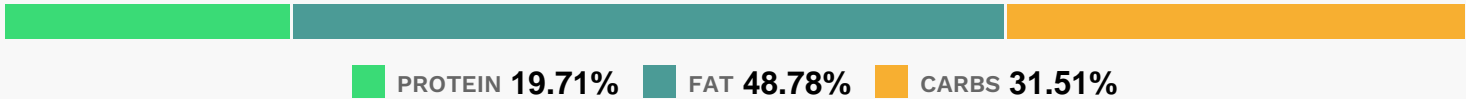
- ☐ bowl

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Combine cheese and olives in a small bowl, stirring until well blended.
- ☐ Spread about 1 tablespoon cheese mixture evenly over each of 4 bread slices. Divide basil leaves, greens, and bell pepper into fourths; arrange evenly over cheese mixture on each bread slice. Top with remaining 4 bread slices.
- ☐ Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add sandwiches to pan. Cover with a sheet of foil; top with a heavy skillet. Cook 3 minutes or until lightly browned. Turn sandwiches over; replace foil and skillet. Cook 3 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:37.63, Glycemic Load:5.68, Inflammation Score:-6, Nutrition Score:7.100869603779%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg

Nutrients (% of daily need)

Calories: 121.96kcal (6.1%), Fat: 6.79g (10.45%), Saturated Fat: 3.44g (21.47%), Carbohydrates: 9.87g (3.29%), Net Carbohydrates: 8.72g (3.17%), Sugar: 0.91g (1.02%), Cholesterol: 9.78mg (3.26%), Sodium: 835.19mg (36.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.35%), Vitamin C: 21.2mg (25.7%), Vitamin A: 760.4IU (15.21%), Copper: 0.25mg (12.66%), Manganese: 0.2mg (9.97%), Vitamin B2: 0.16mg (9.64%), Vitamin B1: 0.13mg (8.89%), Folate: 34.43µg (8.61%), Phosphorus: 85.49mg (8.55%), Iron: 1.47mg (8.19%), Vitamin B6: 0.15mg (7.64%), Selenium: 4.95µg (7.07%), Vitamin K: 7.29µg (6.94%), Calcium: 63.16mg (6.32%), Vitamin B3: 1.12mg (5.6%), Fiber: 1.15g (4.61%), Magnesium: 16.33mg (4.08%), Vitamin E: 0.54mg (3.59%), Potassium: 117.37mg (3.35%), Zinc: 0.47mg (3.11%), Vitamin B5: 0.24mg (2.35%)