



WHATSheATE



Granola-Crusted Pear and Almond Butter Panini



Vegetarian



Popular

READY IN



23 min.

SERVINGS



4

CALORIES



585 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 apples cored ripe peeled sliced
- ☐ 4 tablespoons butter room temperature
- ☐ 0.3 cup cereal
- ☐ 2 teaspoons honey
- ☐ 0.5 cup peanut butter
- ☐ 8 slices rustic bread white sliced

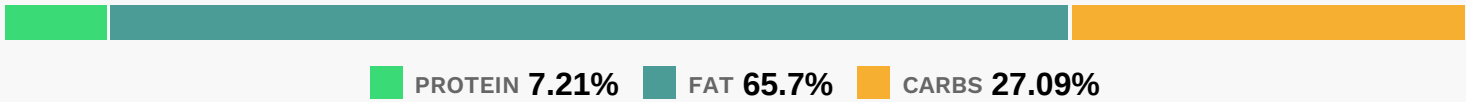
Equipment

- ☐ food processor
- ☐ grill

Directions

- ☐ Pulse the granola in a food processor until the oats have been cut down to about 1/8-inch in size, but not completely ground up.
- ☐ Spread granola butter on two slices of bread to create the outer crust of the sandwich. Flip over both slices of bread and spread almond butter on each. Top one slice of bread with a layer of pear slices and a drizzle of honey. Close the sandwich with the other slice of bread, buttered side up.Grill the panini, two at a time, until the bread is toasted, 3 to 4 minutes.

Nutrition Facts



Properties

Glycemic Index:33.57, Glycemic Load:3.17, Inflammation Score:-6, Nutrition Score:13.348260863968%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 585.36kcal (29.27%), Fat: 44.27g (68.11%), Saturated Fat: 16.36g (102.22%), Carbohydrates: 41.06g (13.69%), Net Carbohydrates: 34.94g (12.71%), Sugar: 22.92g (25.46%), Cholesterol: 30.1mg (10.03%), Sodium: 243.72mg (10.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.94g (21.87%), Vitamin E: 8.27mg (55.11%), Manganese: 0.89mg (44.45%), Magnesium: 103.55mg (25.89%), Fiber: 6.1lg (24.46%), Vitamin B2: 0.36mg (21.24%), Phosphorus: 204.47mg (20.45%), Copper: 0.33mg (16.38%), Vitamin B3: 2.91mg (14.55%), Iron: 2.33mg (12.97%), Calcium: 121.29mg (12.13%), Folate: 46.21µg (11.55%), Potassium: 404mg (11.54%), Zinc: 1.3mg (8.66%), Vitamin A: 374.74IU (7.49%), Vitamin B1: 0.1mg (6.73%), Selenium: 2.24µg (3.2%), Vitamin B6: 0.06mg (3.06%), Vitamin C: 2.12mg (2.57%), Vitamin K: 2.32µg (2.21%), Vitamin B5: 0.19mg (1.88%)