



Greek Shrimp Panini with Pesto, Feta, and Sun-Dried Tomatoes

♥ Popular

READY IN



30 min.

SERVINGS



4

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ciabatta loaf cut into 4 servings, or 4 ciabatta rolls
- ☐ 4 servings coarse salt and pepper black freshly ground
- ☐ 4 ounces feta cheese crumbled
- ☐ 4 basil leaves fresh
- ☐ 8 oil-packed sun-dried tomatoes thinly sliced
- ☐ 4 tablespoons pesto homemade
- ☐ 8 ounces shrimp raw deveined peeled

☐ 2 teaspoons vegetable oil

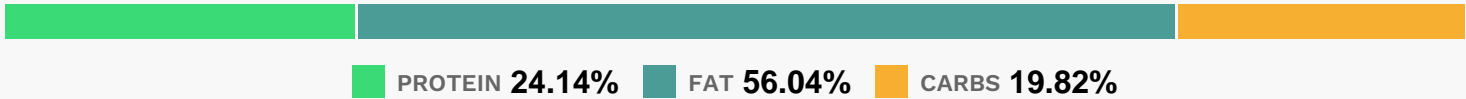
Equipment

- ☐ bowl
- ☐ grill
- ☐ panini press

Directions

- ☐ Heat the panini press to medium-high heat.In a medium-size bowl, toss the shrimp in the oil to coat it. Season the shrimp lightly with salt and pepper.Arrange the shrimp in a single layer on the grill (work in batches if necessary) and close the lid. Grill the shrimp until they're cooked through and opaque, about 2 minutes. Unplug the grill and, while it's still hot, carefully scrape off any cooked-on shrimp with a grill scraper. Once the grill is cool, clean the grates.Reheat the panini press to medium-high heat.For each sandwich: Split a ciabatta portion to create top and bottom halves.
- ☐ Spread a thin layer of pesto inside each ciabatta half. On the bottom half layer shrimp, feta, sun-dried tomatoes, and basil. Close the sandwich with the top ciabatta half.Grill two panini at a time, with the lid closed, until the cheese is softened and the ciabatta is toasted, 3 to 4 minutes.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:0.83, Inflammation Score:-4, Nutrition Score:9.5356522487557%

Nutrients (% of daily need)

Calories: 236.05kcal (11.8%), Fat: 14.69g (22.6%), Saturated Fat: 5.21g (32.58%), Carbohydrates: 11.69g (3.9%), Net Carbohydrates: 10.77g (3.92%), Sugar: 1.99g (2.21%), Cholesterol: 97.87mg (32.62%), Sodium: 857.27mg (37.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.24g (28.48%), Selenium: 21.26µg (30.37%), Phosphorus: 248.51mg (24.85%), Calcium: 200.08mg (20.01%), Vitamin B12: 1.11µg (18.47%), Vitamin B2: 0.27mg (15.75%), Vitamin A: 580.7IU (11.61%), Vitamin B6: 0.23mg (11.28%), Zinc: 1.45mg (9.67%), Copper: 0.17mg (8.6%), Vitamin B3: 1.66mg (8.28%), Vitamin K: 8.36µg (7.96%), Vitamin E: 0.99mg (6.59%), Magnesium: 26.05mg (6.51%), Potassium: 221.36mg (6.32%), Manganese: 0.12mg (5.78%), Folate: 22.85µg (5.71%), Vitamin B5: 0.54mg (5.36%), Vitamin B1:

0.08mg (5.09%), Iron: 0.78mg (4.32%), Fiber: 0.92g (3.67%), Vitamin C: 1.64mg (1.99%), Vitamin D: 0.17µg (1.13%)