



WHATSheATE



Green Goddess Grilled Cheese Panini

🤍 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



758 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces cream cheese cut into smaller cubes
- ☐ 0.3 teaspoon dijon mustard
- ☐ 1 tablespoon basil fresh chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons tarragon fresh chopped
- ☐ 1 clove garlic finely chopped
- ☐ 1 teaspoon lime zest (1 lime)
- ☐ 1 oil-packed anchovy finely chopped

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 3 tablespoons parsley fresh italian chopped
- ☐ 1 tablespoon shallots finely chopped
- ☐ 1 cup sharp cheddar shredded
- ☐ 1 cup mozzarella cheese shredded
- ☐ 8 slices sourdough bread

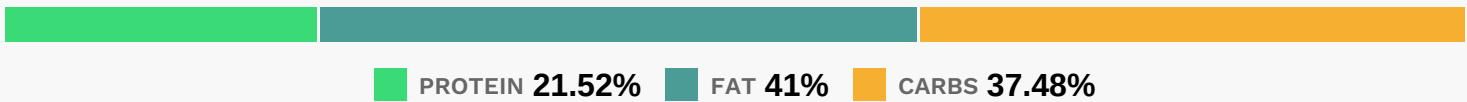
Equipment

- ☐ food processor
- ☐ knife
- ☐ grill
- ☐ cutting board

Directions

- ☐ Add garlic and anchovies to a mini-prep food processor and pulse for a few seconds until it's really finely chopped, almost like a paste (if you don't have a food processor, you can always just chop the ingredients really well with a knife on a cutting board).
- ☐ Add in the lime zest, parsley, tarragon, cilantro, basil, shallot, mustard and cream cheese and pulse again until well blended.
- ☐ Spread a generous amount of the cheese mixture onto one slice of bread. Close the sandwich with a second slice of bread.
- ☐ Brush a little olive oil on top. Grill for 5 to 6 minutes until the cheese is melted and oozy and the bread is toasted.
- ☐ Serve immediately and enjoy!

Nutrition Facts



Properties

Glycemic Index:122.38, Glycemic Load:53.04, Inflammation Score:-9, Nutrition Score:34.486086928326%

Flavonoids

Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 757.89kcal (37.89%), Fat: 34.63g (53.27%), Saturated Fat: 14.34g (89.6%), Carbohydrates: 71.22g (23.74%), Net Carbohydrates: 67.91g (24.7%), Sugar: 7.07g (7.86%), Cholesterol: 72.34mg (24.11%), Sodium: 1360.16mg (59.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.89g (81.77%), Selenium: 83.29µg (118.98%), Vitamin K: 77.37µg (73.68%), Vitamin B1: 0.96mg (64.01%), Vitamin B3: 11.87mg (59.34%), Phosphorus: 526.39mg (52.64%), Vitamin B2: 0.89mg (52.12%), Manganese: 1mg (50.06%), Calcium: 474.7mg (47.47%), Folate: 184.28µg (46.07%), Iron: 7.21mg (40.03%), Vitamin B12: 1.9µg (31.73%), Zinc: 3.83mg (25.56%), Vitamin A: 1135.67IU (22.71%), Magnesium: 83.55mg (20.89%), Vitamin D: 3.13µg (20.86%), Vitamin B6: 0.33mg (16.4%), Vitamin E: 2.07mg (13.79%), Copper: 0.28mg (13.76%), Fiber: 3.31g (13.24%), Potassium: 436.72mg (12.48%), Vitamin B5: 0.85mg (8.5%), Vitamin C: 6.46mg (7.84%)