



Grilled Cheese Panzanella Salad...and More Cooking on TV!

 Vegetarian

READY IN



24 min.

SERVINGS



4

CALORIES



303 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup torn basil fresh
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon coarse salt
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.5 cup olive oil extra virgin
- ☐ 0.5 small onion red sliced
- ☐ 2 teaspoons shallots chopped

- ☐ 2 ounces mozzarella cheese shredded
- ☐ 4 slices day-old sourdough white
- ☐ 1 pound tomatoes
- ☐ 3 tablespoons balsamic vinegar white

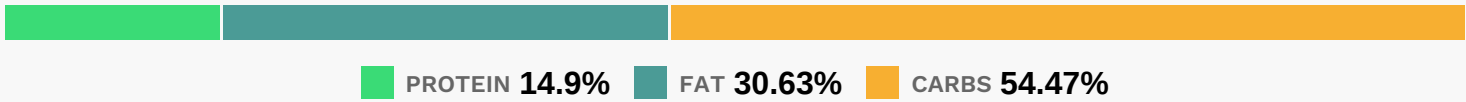
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ cutting board
- ☐ panini press

Directions

- ☐ Preheat the panini maker to medium high heat.Divide the cheese between two slices of bread. Close each sandwich with a second slice of bread.Grill both panini until the cheese is melted and bread is toasted, 3 to 4 minutes.
- ☐ Transfer the panini from the grill to a cutting board. Trim the crusts from the panini and cut up each sandwich into 1-inch square pieces.In a medium bowl, whisk together the vinegar, shallots, mustard, salt and pepper until the salt is dissolved. Gradually whisk in the olive oil.
- ☐ Cut up the tomatoes into bite-sized chunks.
- ☐ Add the tomatoes to a large salad bowl, along with the sliced onions, torn basil and grilled cheese croutons.Toss the salad with enough of the dressing to moisten the croutons without drenching them. Allow the flavors to meld together at room temperature for 30 minutes before serving the salad.

Nutrition Facts



Properties

Glycemic Index:96.63, Glycemic Load:28.22, Inflammation Score:-8, Nutrition Score:14.922608691713%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 302.57kcal (15.13%), Fat: 10.39g (15.99%), Saturated Fat: 2.99g (18.69%), Carbohydrates: 41.59g (13.86%), Net Carbohydrates: 38.47g (13.99%), Sugar: 8.56g (9.51%), Cholesterol: 11.2mg (3.73%), Sodium: 781.01mg (33.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.37g (22.75%), Vitamin B1: 0.51mg (33.96%), Selenium: 21.02µg (30.03%), Manganese: 0.54mg (27.09%), Folate: 100.76µg (25.19%), Vitamin A: 1120.99IU (22.42%), Vitamin C: 16.91mg (20.49%), Vitamin B2: 0.34mg (20.04%), Vitamin B3: 3.81mg (19.05%), Vitamin K: 19.49µg (18.56%), Iron: 3.1mg (17.23%), Phosphorus: 153.17mg (15.32%), Calcium: 126.81mg (12.68%), Fiber: 3.12g (12.47%), Potassium: 398.4mg (11.38%), Vitamin E: 1.57mg (10.47%), Magnesium: 40.29mg (10.07%), Vitamin B6: 0.19mg (9.38%), Copper: 0.18mg (9.16%), Zinc: 1.33mg (8.85%), Vitamin B12: 0.32µg (5.39%), Vitamin B5: 0.36mg (3.61%)