



Grilled Italian Panini

READY IN



10 min.

SERVINGS



4

CALORIES



656 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bread french italian
- ☐ 4 servings olive oil
- ☐ 0.5 cup olive tapenade
- ☐ 4 ounces provolone cheese sliced
- ☐ 7 ounces roasted peppers red drained well
- ☐ 4 ounces genoa salami thinly sliced

Equipment

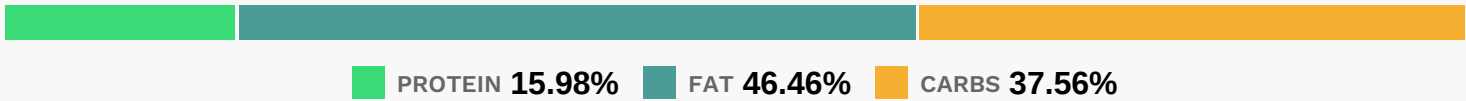
- ☐ grill

☐ aluminum foil

Directions

- ☐ Heat coals or gas grill for direct heat.
- ☐ Cut a circle 1/2 inch from edge of bread, cutting 2 inches down into loaf but not all the way through.
- ☐ Remove center of bread loaf and set aside. Arrange salami inside bread loaf; top with peppers, tapenade and cheese.
- ☐ Place center of bread loaf over filling to fit tightly. Wrap tightly in aluminum foil.
- ☐ Cover and grill loaf 4 to 6 inches from low heat 15 to 20 minutes, turning once, until cheese is melted.
- ☐ Brush olive oil over top of loaf.
- ☐ Cut loaf into 4 wedges.

Nutrition Facts



Properties

Glycemic Index:33.88, Glycemic Load:45.66, Inflammation Score:-7, Nutrition Score:24.481304311234%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 656.02kcal (32.8%), Fat: 33.99g (52.3%), Saturated Fat: 10.77g (67.33%), Carbohydrates: 61.85g (20.62%), Net Carbohydrates: 58.76g (21.37%), Sugar: 5.4g (6%), Cholesterol: 41.96mg (13.99%), Sodium: 2208.92mg (96.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.3g (52.61%), Vitamin B1: 1.09mg (72.44%), Selenium: 43.89µg (62.7%), Vitamin B2: 0.68mg (40.21%), Folate: 150.82µg (37.7%), Vitamin B3: 7.37mg (36.85%), Manganese: 0.7mg (34.81%), Phosphorus: 334.52mg (33.45%), Iron: 5.43mg (30.14%), Calcium: 297.46mg (29.75%), Vitamin C: 23.07mg (27.96%), Zinc: 3.38mg (22.5%), Vitamin B12: 1.21µg (20.13%), Vitamin B6: 0.39mg (19.31%), Vitamin E: 2.32mg (15.46%), Copper: 0.29mg (14.48%), Magnesium: 55.92mg (13.98%), Fiber: 3.09g (12.36%), Vitamin A: 507.46IU (10.15%), Potassium: 351.53mg (10.04%), Vitamin K: 9.85µg (9.38%), Vitamin B5: 0.83mg (8.33%)