



WHATSheATE



## Grilled Zucchini, Crispy Prosciutto and Red Pepper Panini

♥ Popular

READY IN



35 min.

SERVINGS



4

CALORIES



637 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 cup mezzetta basil pesto homemade style
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon coarse salt
- ☐ 2 tablespoons mezzetta extra virgin olive oil italian divided
- ☐ 1 baguette french mini cut into 4 servings, or 4 baguettes
- ☐ 8 ounces manchego cheese thinly sliced
- ☐ 3 ounces pancetta sliced cut into 1/2-inch strips

☐ 0.3 cup mezzetta deli- roasted bell pepper strips

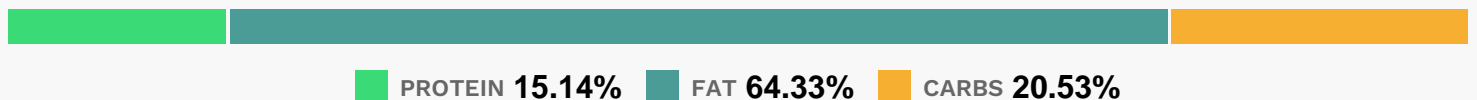
## Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ grill
- ☐ ziploc bags
- ☐ panini press

## Directions

- ☐ Heat 1 tablespoon of olive oil in a large skillet over medium-high heat.
- ☐ Add the prosciutto strips and cook them, stirring occasionally, until they're lightly browned and crisp, 2 to 3 minutes.
- ☐ Transfer the prosciutto to a paper towel-lined plate to drain.
- ☐ Place the sliced zucchini into a large, resealable plastic bag.
- ☐ Add in the remaining 1 tablespoon of olive oil, salt and pepper. Seal the bag and roll the zucchini around inside until it's well coated in the oil and seasonings.
- ☐ Heat the panini press to medium-high heat. If your panini press comes with a removable drip tray, make sure it is in place. Arrange the zucchini slices on the grill and close the lid. Grill the zucchini until it's tender and grill marks appear, 4 to 6 minutes. For each sandwich: Slice off the domed top of a baguette portion to create a flat grilling surface. Split the baguette to create top and bottom halves.
- ☐ Spread a few teaspoons of pesto inside each baguette half. On the bottom baguette half, layer a little bit of cheese, zucchini slices, roasted peppers, a handful of crispy prosciutto and more cheese. Close the sandwich with the top baguette half. Grill two panini at a time, with the lid closed, until the cheese is melted and the baguettes are toasted, 4 to 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:25.94, Glycemic Load:20.64, Inflammation Score:-6, Nutrition Score:12.25608681855%

Flavonoids

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

Nutrients (% of daily need)

Calories: 637.37kcal (31.87%), Fat: 45.07g (69.33%), Saturated Fat: 19.64g (122.72%), Carbohydrates: 32.37g (10.79%), Net Carbohydrates: 30.61g (11.13%), Sugar: 3.59g (3.99%), Cholesterol: 76.35mg (25.45%), Sodium: 1329.68mg (57.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.86g (47.72%), Calcium: 710.67mg (71.07%), Vitamin B1: 0.42mg (28.31%), Selenium: 15.05µg (21.5%), Vitamin B3: 3.74mg (18.71%), Folate: 68.29µg (17.07%), Manganese: 0.31mg (15.73%), Vitamin A: 782.19IU (15.64%), Iron: 2.48mg (13.78%), Vitamin B2: 0.22mg (12.98%), Phosphorus: 91.84mg (9.18%), Vitamin E: 1.28mg (8.54%), Fiber: 1.76g (7.06%), Vitamin B6: 0.14mg (6.87%), Vitamin K: 6.19µg (5.9%), Zinc: 0.76mg (5.08%), Magnesium: 19.87mg (4.97%), Vitamin C: 4.07mg (4.93%), Copper: 0.1mg (4.84%), Potassium: 133.3mg (3.81%), Vitamin B5: 0.36mg (3.58%), Vitamin B12: 0.11µg (1.77%)