



Ham, Cheese, and Apple Panini

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon apple jelly
- ☐ 1 ounce bread gluten-free
- ☐ 3.2 ounce cheddar-flavored nondairy
- ☐ 6 ounces lower-sodium deli ham
- ☐ 0.3 cup dijon mustard
- ☐ 1 apples i use 2 granny smith apples cored cut into 24 thin slices

Equipment

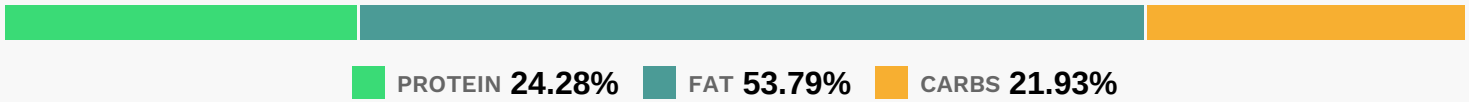
- ☐ grill

- ☐ microwave
- ☐ panini press

Directions

- ☐ Preheat panini press.
- ☐ Microwave jelly at HIGH 10 seconds or until it melts.
- ☐ Combine jelly and mustard; spread mixture evenly over 1 side of 4 bread slices.
- ☐ Layer 2 ham slices, 1 cheese slice, and 6 apple slices over mustard mixture on each bread slice; top evenly with remaining bread slices.
- ☐ Coat sandwiches with cooking spray.
- ☐ Add sandwiches, 2 at a time, to panini press; grill 2 minutes or until toasted.

Nutrition Facts



Properties

Glycemic Index:51.17, Glycemic Load:5.53, Inflammation Score:-3, Nutrition Score:9.5721739893374%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 262.34kcal (13.12%), Fat: 15.77g (24.26%), Saturated Fat: 7g (43.75%), Carbohydrates: 14.47g (4.82%), Net Carbohydrates: 12.37g (4.5%), Sugar: 7.86g (8.73%), Cholesterol: 49.04mg (16.35%), Sodium: 859.85mg (37.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.01g (32.03%), Selenium: 23.5µg (33.58%), Phosphorus: 226.78mg (22.68%), Vitamin B1: 0.33mg (21.95%), Calcium: 185.72mg (18.57%), Vitamin B2: 0.24mg (13.99%), Zinc: 2.01mg (13.42%), Vitamin B3: 2.44mg (12.18%), Vitamin B6: 0.22mg (10.78%), Manganese: 0.18mg (8.78%), Vitamin B12: 0.51µg (8.54%), Fiber: 2.1g (8.4%), Magnesium: 27.05mg (6.76%), Potassium: 224.95mg (6.43%), Iron: 0.99mg

(5.49%), Vitamin A: 263.01IU (5.26%), Vitamin B5: 0.42mg (4.22%), Copper: 0.08mg (4.1%), Folate: 15.07µg (3.77%),
Vitamin E: 0.48mg (3.19%), Vitamin C: 2.61mg (3.16%), Vitamin D: 0.43µg (2.89%), Vitamin K: 2.13µg (2.02%)