



Hearty Ham and Pear Panini

READY IN



20 min.

SERVINGS



4

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons mustard yellow
- ☐ 0.5 loaf flour cut in half horizontally (13 to 15 inches long)
- ☐ 16 oz ham
- ☐ 1 medium pears peeled thinly sliced
- ☐ 4 oz mozzarella cheese shredded
- ☐ 1 tablespoon vegetable oil

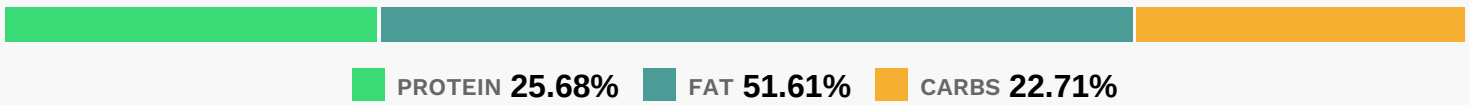
Equipment

- ☐ grill

Directions

- ☐ Heat closed contact grill 5 minutes.
- ☐ Spread mustard on bottom half of bread; layer with ham, pear and cheese. Cover with top half of bread. Lightly brush top of bread with oil.
- ☐ Cut sandwich into fourths.
- ☐ When grill is heated, place sandwiches on grill. Close grill; grill 4 to 6 minutes or until cheese is melted and bread is golden brown.

Nutrition Facts



Properties

Glycemic Index:34.19, Glycemic Load:11.43, Inflammation Score:-3, Nutrition Score:15.017826142518%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 549.86kcal (27.49%), Fat: 31.49g (48.44%), Saturated Fat: 11.06g (69.11%), Carbohydrates: 31.18g (10.39%), Net Carbohydrates: 28.68g (10.43%), Sugar: 5.54g (6.16%), Cholesterol: 92.7mg (30.9%), Sodium: 1873.07mg (81.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.26g (70.52%), Selenium: 33.16µg (47.36%), Vitamin B1: 0.71mg (47.3%), Phosphorus: 356.47mg (35.65%), Vitamin B3: 5.2mg (26.01%), Zinc: 3.55mg (23.67%), Vitamin B6: 0.46mg (22.97%), Vitamin B12: 1.37µg (22.87%), Vitamin B2: 0.35mg (20.43%), Calcium: 159.83mg (15.98%), Potassium: 408.73mg (11.68%), Fiber: 2.51g (10.03%), Vitamin K: 8.98µg (8.55%), Magnesium: 33.93mg (8.48%), Iron: 1.31mg (7.29%), Copper: 0.14mg (6.96%), Vitamin D: 0.91µg (6.05%), Vitamin B5: 0.6mg (6.03%), Vitamin E: 0.82mg (5.47%), Vitamin A: 208.09IU (4.16%), Manganese: 0.08mg (3.85%), Vitamin C: 1.94mg (2.36%), Folate: 9.03µg (2.26%)