



Honey Walnut-Crusted Aged Cheddar Panini...and Scenes from Seattle

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



619 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter room temperature
- ☐ 1 tablespoon honey
- ☐ 8 slices rustic bread white
- ☐ 0.5 pound sharp aged cheddar thinly sliced
- ☐ 0.3 cup walnuts shelled finely chopped

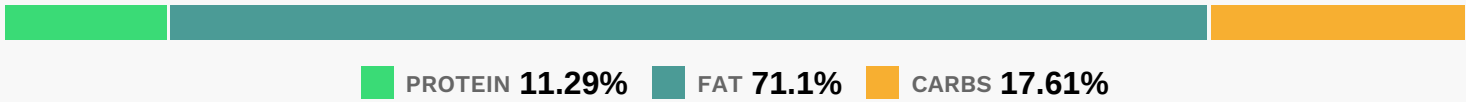
Equipment

- ☐ grill

Directions

☐ Spread a layer of Honey Walnut Butter on two slices of bread. Flip over one slice of bread and top it with 1/4 of the cheese. Close the sandwich with the other slice of bread, butter side up.Grill the panini, two at a time, until the bread is toasted and the cheese is melted, 4 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:37.32, Glycemic Load:2.74, Inflammation Score:-6, Nutrition Score:10.855217318172%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 618.7kcal (30.93%), Fat: 49.52g (76.18%), Saturated Fat: 26.21g (163.82%), Carbohydrates: 27.6g (9.2%), Net Carbohydrates: 25.7g (9.35%), Sugar: 17.06g (18.95%), Cholesterol: 86.8mg (28.93%), Sodium: 609.59mg (26.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.7g (35.39%), Calcium: 411.7mg (41.17%), Phosphorus: 303.35mg (30.34%), Selenium: 16.59µg (23.69%), Vitamin A: 919.45IU (18.39%), Vitamin B2: 0.3mg (17.87%), Zinc: 2.41mg (16.07%), Manganese: 0.26mg (12.98%), Folate: 44.8µg (11.2%), Vitamin B12: 0.62µg (10.41%), Vitamin B3: 1.92mg (9.62%), Magnesium: 34.05mg (8.51%), Fiber: 1.9g (7.6%), Copper: 0.14mg (6.84%), Vitamin B1: 0.1mg (6.54%), Iron: 1.17mg (6.49%), Vitamin E: 0.8mg (5.34%), Potassium: 168.8mg (4.82%), Vitamin B6: 0.08mg (4%), Vitamin B5: 0.29mg (2.95%), Vitamin K: 2.54µg (2.42%), Vitamin D: 0.34µg (2.27%)