



Lemon-Basil Grilled Cheese Panini

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces feta cheese crumbled
- ☐ 2 teaspoons basil fresh chopped
- ☐ 2 teaspoons lemon zest grated
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 cup mozzarella cheese shredded
- ☐ 8 slices sourdough bread italian sliced

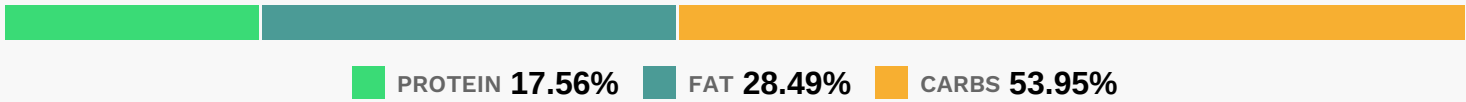
Equipment

- ☐ grill

Directions

☐ Brush olive oil on two slices of bread to flavor the outside of the sandwich. Flip over one slice and top the other side with a layer of the cheese mixture. Close the sandwich with the other slice of bread, oiled side up.Grill two panini at a time, with the lid closed, until the cheese is melted and the bread is toasted, 4 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:51.13, Glycemic Load:51.53, Inflammation Score:-6, Nutrition Score:20.252173869506%

Nutrients (% of daily need)

Calories: 501.14kcal (25.06%), Fat: 15.91g (24.47%), Saturated Fat: 6.73g (42.05%), Carbohydrates: 67.76g (22.59%), Net Carbohydrates: 64.83g (23.58%), Sugar: 6.24g (6.94%), Cholesterol: 34.74mg (11.58%), Sodium: 1107.84mg (48.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.06g (44.12%), Vitamin B1: 0.94mg (62.64%), Selenium: 43.5µg (62.14%), Vitamin B2: 0.75mg (43.9%), Folate: 164.1µg (41.02%), Manganese: 0.68mg (34.18%), Vitamin B3: 6.34mg (31.72%), Iron: 5.25mg (29.16%), Phosphorus: 281.44mg (28.14%), Calcium: 279.31mg (27.93%), Zinc: 2.56mg (17.07%), Vitamin B12: 0.88µg (14.63%), Magnesium: 49.44mg (12.36%), Fiber: 2.92g (11.69%), Vitamin B6: 0.21mg (10.46%), Copper: 0.2mg (10.16%), Vitamin B5: 0.61mg (6.07%), Vitamin E: 0.85mg (5.7%), Potassium: 181.61mg (5.19%), Vitamin A: 252.24IU (5.04%), Vitamin K: 4.11µg (3.91%), Vitamin C: 1.3mg (1.57%), Vitamin D: 0.17µg (1.12%)