



Mozzarella, Ham, and Basil Panini

READY IN



20 min.

SERVINGS



6

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 teaspoons balsamic vinegar
- 12 basil leaves
- 2 cherry peppers sweetened hot sliced
- 16 ounce ciabatta bread cut in half horizontally
- 8 ounces 3%-less-sodium deli ham cooked sliced (such as Boar's Head)
- 4 teaspoons dijon mustard
- 8 ounces mozzarella cheese fresh thinly sliced
- 1 large plum tomatoes thinly sliced

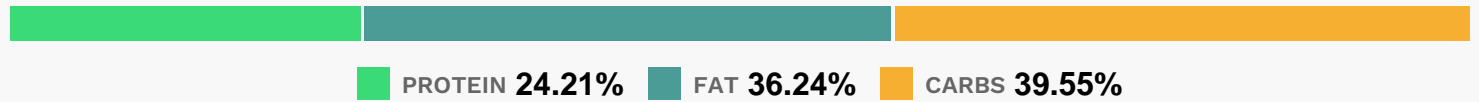
Equipment

- frying pan

Directions

- Brush cut side of the bottom bread half with mustard; brush cut side of top half with vinegar. Top bottom half with mozzarella, basil, ham, peppers, and tomato. Top with remaining bread half.
- Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- Add sandwich to pan; top with another heavy skillet. Cook 3 minutes on each side or until golden.
- Cut sandwich into 6 wedges.

Nutrition Facts



Properties

Glycemic Index:36.17, Glycemic Load:0.63, Inflammation Score:-3, Nutrition Score:8.2352173743041%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 387.88kcal (19.39%), Fat: 15.45g (23.78%), Saturated Fat: 7.55g (47.16%), Carbohydrates: 37.95g (12.65%), Net Carbohydrates: 36.59g (13.31%), Sugar: 1.21g (1.34%), Cholesterol: 53.3mg (17.77%), Sodium: 1180.35mg (51.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.23g (46.47%), Selenium: 16.14µg (23.06%), Phosphorus: 221.86mg (22.19%), Calcium: 198.98mg (19.9%), Vitamin B12: 1.1µg (18.4%), Vitamin B1: 0.25mg (16.59%), Zinc: 2.03mg (13.52%), Vitamin B2: 0.2mg (11.49%), Vitamin B3: 1.81mg (9.06%), Vitamin B6: 0.17mg (8.47%), Vitamin A: 386.17IU (7.72%), Fiber: 1.36g (5.45%), Potassium: 172.42mg (4.93%), Vitamin K: 5.06µg (4.81%), Magnesium: 18.39mg (4.6%), Iron: 0.63mg (3.47%), Manganese: 0.06mg (2.79%), Vitamin D: 0.42µg (2.77%), Vitamin B5: 0.25mg (2.47%), Copper: 0.05mg (2.4%), Vitamin C: 1.57mg (1.91%), Vitamin E: 0.28mg (1.88%), Folate: 6.11µg (1.53%)