



Mozzarella in Carrozza Panini

READY IN



20 min.

SERVINGS



4

CALORIES



613 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large anchovy fillets
- ☐ 4 servings pepper black freshly ground
- ☐ 8 slices bread country-style
- ☐ 4 servings butter
- ☐ 3 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 teaspoon pinch pepper flakes red minced

- ☐ 4 servings grey salt
- ☐ 0.3 pound whole-milk mozzarella cheese thinly sliced

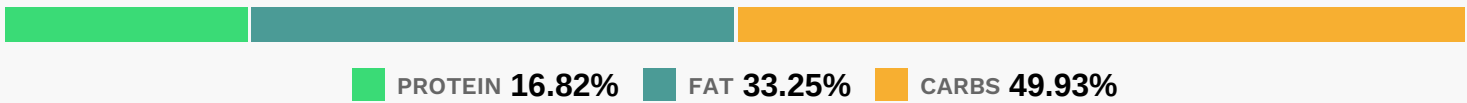
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Saute the minced garlic in olive oil in large saucepan.
- ☐ Add the whole anchovy fillets and chiles or red pepper flakes, season with pepper, to taste. Allow to saute in heat for about a minute, then remove from heat.
- ☐ Pour into a bowl, set aside.
- ☐ In a small bowl, whisk eggs, seasoning with salt and pepper, to taste. On another plate, place flour, and season with salt and pepper, to taste.
- ☐ Heat a large nonstick skillet or a griddle over moderate heat. When it is hot, lightly oil the griddle if it is not nonstick. Butter 1 side of each bread slice, then put 4 slices, buttered side down, on a work surface.
- ☐ Spread 1 side of 4 bread slices with the anchovy mixture, dividing it evenly. Top with the sliced rounds of mozzarella, dividing it evenly. Top each with a second slice of bread, buttered side up.
- ☐ One at a time, dip the sandwiches in seasoned flour, coating well, then the egg bath. Set them in the skillet or on the griddle. Cook, turning once, until the bread is well browned on both sides and the cheese is molten, about 3 minutes per side.
- ☐ Cut in halves or quarters and serve immediately.

Nutrition Facts



Properties

Glycemic Index:68.17, Glycemic Load:49.1, Inflammation Score:-7, Nutrition Score:23.559130187916%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 612.66kcal (30.63%), Fat: 22.41g (34.48%), Saturated Fat: 9.58g (59.85%), Carbohydrates: 75.74g (25.25%), Net Carbohydrates: 71.72g (26.08%), Sugar: 3.91g (4.34%), Cholesterol: 164.57mg (54.86%), Sodium: 780.28mg (33.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.51g (51.02%), Selenium: 54.79µg (78.27%), Manganese: 1.14mg (57.18%), Vitamin B1: 0.75mg (49.91%), Folate: 180.54µg (45.13%), Vitamin B2: 0.72mg (42.16%), Vitamin B3: 7.19mg (35.94%), Phosphorus: 345.25mg (34.53%), Iron: 5.79mg (32.17%), Calcium: 295.25mg (29.52%), Vitamin B12: 1.18µg (19.61%), Zinc: 2.6mg (17.36%), Fiber: 4.01g (16.05%), Vitamin B5: 1.32mg (13.18%), Magnesium: 49.7mg (12.42%), Vitamin A: 598.47IU (11.97%), Copper: 0.21mg (10.5%), Vitamin B6: 0.17mg (8.75%), Vitamin E: 1.24mg (8.29%), Potassium: 235.81mg (6.74%), Vitamin K: 6.67µg (6.35%), Vitamin D: 0.81µg (5.41%)