



Mozzarella & prosciutto panini

READY IN



10 min.

SERVINGS



2

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices ciabatta bread for longer slices thin (cut diagonally)
- ☐ 4 slices pancetta
- ☐ 4 slices mozzarella cheese (half a 125g pack)
- ☐ 1 roasted pepper from a jar red halved
- ☐ 8 large basil leaves
- ☐ 2 servings olive oil for brushing

Equipment

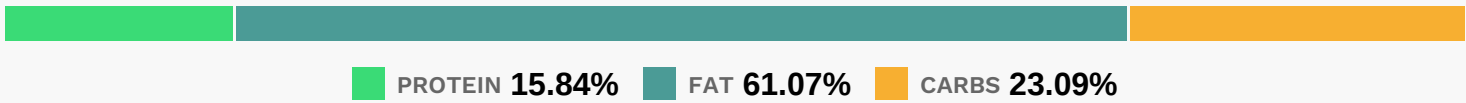
- ☐ frying pan

☐ spatula

Directions

- ☐ Put a griddle pan over a gentle heat to warm. Take the bread and make two sandwiches, layering up the prosciutto, cheese, red pepper and basil for the filling.
- ☐ Brush the outsides of the bread with oil.
- ☐ Put the sandwiches on the griddle and cook for about 1 minute each side press down firmly with a metal spatula so they flatten and become golden and ridged by the griddle. Eat while deliciously hot and melted.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:0.35, Inflammation Score:-4, Nutrition Score:9.0473913731782%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 492.42kcal (24.62%), Fat: 33.47g (51.5%), Saturated Fat: 11.75g (73.41%), Carbohydrates: 28.47g (9.49%), Net Carbohydrates: 27.61g (10.04%), Sugar: 0.59g (0.65%), Cholesterol: 55.33mg (18.44%), Sodium: 989.23mg (43.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.54g (39.08%), Calcium: 297.52mg (29.75%), Vitamin B12: 1.37µg (22.87%), Phosphorus: 228.24mg (22.82%), Selenium: 12.91µg (18.44%), Vitamin K: 16.37µg (15.59%), Vitamin E: 2.21mg (14.7%), Zinc: 1.89mg (12.6%), Vitamin A: 569.59IU (11.39%), Vitamin C: 8.89mg (10.78%), Vitamin B2: 0.18mg (10.59%), Vitamin B6: 0.1mg (4.95%), Vitamin B1: 0.07mg (4.42%), Vitamin B3: 0.82mg (4.09%), Magnesium: 16.31mg (4.08%), Fiber: 0.86g (3.45%), Manganese: 0.07mg (3.34%), Iron: 0.59mg (3.29%), Potassium: 106.62mg (3.05%), Copper: 0.04mg (2.16%), Folate: 8.01µg (2%), Vitamin D: 0.29µg (1.94%), Vitamin B5: 0.18mg (1.79%)