



WHATSheATE



Mozzarella, Raspberry, and Brown Sugar Panini



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 2 tablespoons brown sugar light
- ☐ 8 ounces mozzarella cheese fresh dry drained
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup raspberry jam
- ☐ 4 inch bread white bakery-style

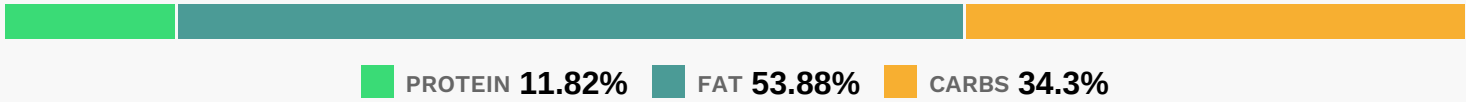
Equipment

- ☐ frying pan
- ☐ grill
- ☐ aluminum foil
- ☐ grill pan
- ☐ pastry brush
- ☐ panini press

Directions

- ☐ Preheat panini press or grill pan.
- ☐ Using a pastry brush, brush oil on both sides of bread.
- ☐ Spread jam evenly over 1 side of each slice of bread; sprinkle with rosemary.
- ☐ Cut mozzarella into 8 slices; place 2 slices of cheese on each of 4 bread slices.
- ☐ Sprinkle a pinch of salt over cheese, if desired; top with remaining 4 slices of bread, jam side down.
- ☐ Sprinkle tops with brown sugar.
- ☐ Grill panini in a panini press until cheese has melted and bread is golden and crispy (about 3 minutes). If you do not have a panini press or indoor grill, use a ridged grill pan: Put sandwiches in pan (in batches, if necessary); place a weight, such as a brick wrapped in aluminum foil or a heavy cast-iron skillet, on top to press them down. Brown the first side (about 2–3 minutes), flip the sandwich, replace the weight, and brown the other side (about 2–3 minutes) to finish melting the cheese.
- ☐ Cut paninis in half; serve.

Nutrition Facts



Properties

Glycemic Index:19.6, Glycemic Load:8.54, Inflammation Score:-2, Nutrition Score:3.8169565796852%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 218.66kcal (10.93%), Fat: 13.15g (20.23%), Saturated Fat: 4.67g (29.21%), Carbohydrates: 18.84g (6.28%), Net Carbohydrates: 18.57g (6.75%), Sugar: 13.58g (15.08%), Cholesterol: 22.4mg (7.47%), Sodium: 191.59mg (8.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.49g (12.98%), Calcium: 152.73mg (15.27%), Vitamin B12: 0.65µg (10.77%), Phosphorus: 105.97mg (10.6%), Selenium: 5.58µg (7.96%), Vitamin E: 1.05mg (7.03%), Vitamin B2: 0.1mg (5.85%), Zinc: 0.85mg (5.69%), Vitamin K: 4.72µg (4.49%), Vitamin A: 192.39IU (3.85%), Vitamin C: 1.88mg (2.27%), Iron: 0.33mg (1.85%), Magnesium: 7.16mg (1.79%), Folate: 5.79µg (1.45%), Copper: 0.03mg (1.37%), Manganese: 0.03mg (1.33%), Potassium: 43.62mg (1.25%), Vitamin B1: 0.02mg (1.22%), Fiber: 0.27g (1.07%)