



Mozzarella, Raspberry and Brown Sugar Panini

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons rosemary leaves fresh chopped
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons brown sugar light
- ☐ 8 ounces mozzarella cheese fresh dry drained 2 balls
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup raspberry jam
- ☐ 8 slices bread white bakery-style 1/

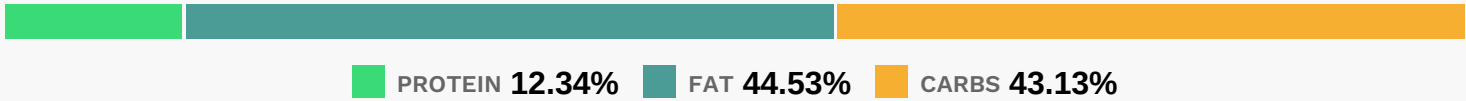
Equipment

- ☐ pastry brush
- ☐ panini press

Directions

- ☐ Special equipment: a panini press
- ☐ Preheat the panini press.
- ☐ Using a pastry brush, brush the bread on both sides with the oil.
- ☐ Spread 1 side of each slice of bread with the raspberry jam.
- ☐ Sprinkle the rosemary over the jam.
- ☐ Cut the mozzarella into 8 slices.
- ☐ Place 2 slices of cheese on 4 of the bread slices. Season the cheese with a pinch of salt, if using.
- ☐ Place the remaining slices of bread on top, jam-side down.
- ☐ Sprinkle the tops with the brown sugar. Press in the panini press for 3 to 5 minutes until the cheese has melted and the bread is golden and crispy.
- ☐ Cut the panini in half and serve.

Nutrition Facts



Properties

Glycemic Index:39.19, Glycemic Load:33.72, Inflammation Score:-5, Nutrition Score:12.924347732378%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 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: 565.45kcal (28.27%), Fat: 28g (43.08%), Saturated Fat: 9.74g (60.85%), Carbohydrates: 61.02g (20.34%), Net Carbohydrates: 59.4g (21.6%), Sugar: 29.69g (32.99%), Cholesterol: 44.79mg (14.93%), Sodium: 803.36mg (34.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.45g (34.9%), Calcium: 405.72mg (40.57%), Selenium: 22.16µg (31.66%), Phosphorus: 265.56mg (26.56%), Vitamin B12: 1.29µg (21.55%), Vitamin B1: 0.28mg (18.49%), Vitamin B2: 0.31mg (18.4%), Manganese: 0.33mg (16.74%), Folate: 64.26µg (16.06%), Vitamin E: 2.21mg (14.75%), Zinc: 2.12mg (14.16%), Iron: 2.26mg (12.56%), Vitamin B3: 2.46mg (12.31%), Vitamin K: 9.53µg (9.08%), Vitamin A: 385.25IU (7.7%), Magnesium: 27.13mg (6.78%), Fiber: 1.62g (6.5%), Copper: 0.11mg (5.69%), Vitamin C: 3.75mg (4.55%), Potassium: 142.81mg (4.08%), Vitamin B6: 0.08mg (3.91%), Vitamin B5: 0.36mg (3.65%), Vitamin D: 0.23µg (1.51%)