



Mozzarella, Raspberry, and Brown Sugar Panini

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

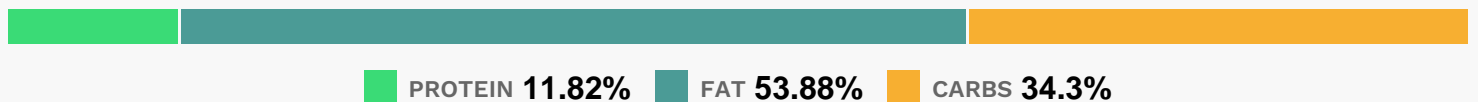
Equipment

- 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: 0g (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%)