



Open-Faced Panini with Goat Cheese, Roasted Peppers, and Spicy Olive Topping

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon basil fresh minced
- 1 tablespoon basil fresh minced
- 1 small garlic clove minced
- 3 tablespoons goat cheese crumbled
- 2 tablespoons olive green minced pitted (8)
- 0.1 teaspoon ground pepper red
- 6 inch bread crumbs italian

- 2 teaspoons juice of lemon fresh
- 2 teaspoons lemon zest grated
- 0.3 cup olives minced pitted ripe (6)
- 2 bell pepper red
- 0.1 teaspoon salt

Equipment

- bowl
- baking sheet
- aluminum foil
- broiler
- ziploc bags

Directions

- Prepare broiler.
- Cut bell peppers in half lengthwise; discard seeds and membranes.
- Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- Place in a zip-top plastic bag; seal.
- Let stand for 10 minutes. Peel and cut into strips.
- Combine peppers and salt in a medium bowl; set aside.
- Place bread on a baking sheet; broil 1 minute on each side or until toasted.
- Combine ripe olives and the next 6 ingredients (through garlic) in a small bowl. Spoon about 1 tablespoon olive mixture onto each toast slice; top evenly with pepper strips, and sprinkle each serving with 1 1/2 teaspoons crumbled goat cheese.
- Cut each panino in half.
- Serve immediately.

Nutrition Facts



■ PROTEIN 13.67% ■ FAT 56.61% ■ CARBS 29.72%

Properties

Glycemic Index:39, Glycemic Load:0.55, Inflammation Score:-8, Nutrition Score:6.6756522590699%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 56.7kcal (2.84%), Fat: 3.78g (5.82%), Saturated Fat: 1.7g (10.64%), Carbohydrates: 4.46g (1.49%), Net Carbohydrates: 3.16g (1.15%), Sugar: 2.64g (2.93%), Cholesterol: 3.22mg (1.07%), Sodium: 214.75mg (9.34%), Alcohol: 0g (100%), Protein: 2.05g (4.11%), Vitamin C: 52.59mg (63.74%), Vitamin A: 1399.84IU (28%), Vitamin B6: 0.15mg (7.28%), Vitamin E: 0.98mg (6.52%), Folate: 21.87µg (5.47%), Fiber: 1.3g (5.21%), Vitamin K: 4.99µg (4.76%), Vitamin B2: 0.07mg (3.85%), Copper: 0.07mg (3.65%), Manganese: 0.07mg (3.43%), Phosphorus: 30.98mg (3.1%), Potassium: 102.12mg (2.92%), Vitamin B3: 0.57mg (2.85%), Iron: 0.44mg (2.43%), Vitamin B1: 0.03mg (2.25%), Magnesium: 8.04mg (2.01%), Calcium: 20.06mg (2.01%), Vitamin B5: 0.18mg (1.84%), Zinc: 0.19mg (1.25%)