



Panini Americano

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



674 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup arugula chopped
- ☐ 4 servings pepper black freshly ground
- ☐ 4 ounces round of président brie sliced into 4 pieces
- ☐ 1 loaf ciabatta bread italian with crusty bread thick sliced into 4 3-inch slices can be substituted
- ☐ 4 servings olive oil extra virgin
- ☐ 0.5 cup regular corn fresh
- ☐ 0.5 pound mozzarella cheese fresh sliced into 8 slices
- ☐ 4 servings salt

☐ 2 tomatoes sliced

Equipment

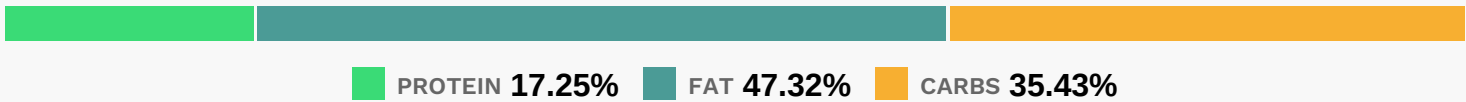
☐ oven

☐ toaster

Directions

- ☐ Slice each 3-inch slice of Ciabatta in half horizontally to make a top and a bottom piece. In a toaster oven, toast the bread for 2 minutes, or until lightly toasted. On one side of the bread, place 2 slices of the mozzarella. On the other piece of Ciabatta, place a slice of Brie.
- ☐ Place 1/4 of the corn on top of the Brie.
- ☐ Place 2 slices of tomato on top of the mozzarella. Season both sides of the panini with salt and pepper.
- ☐ Place the panini in the toaster oven and toast for 4 minutes, or until tomato is warm and cheese is beginning to melt.
- ☐ Remove from the toaster oven and top the tomatoes with some of the arugula.
- ☐ Drizzle with a little extra virgin olive oil. Press the 2 halves together. Slice in half. Repeat process for the other 3 sandwiches.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:1.04, Inflammation Score:-7, Nutrition Score:13.150434701339%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg, Kaempferol: 1.8mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 674.33kcal (33.72%), Fat: 35.72g (54.95%), Saturated Fat: 14.85g (92.84%), Carbohydrates: 60.16g (20.05%), Net Carbohydrates: 57.72g (20.99%), Sugar: 3.57g (3.96%), Cholesterol: 73.14mg (24.38%), Sodium: 1286.31mg (55.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.3g (58.61%), Calcium: 353.71mg (35.37%), Vitamin B12: 1.76µg (29.34%), Phosphorus: 287.66mg (28.77%), Vitamin A: 1216.5IU (24.33%), Vitamin K: 20.91µg (19.91%), Selenium: 13.88µg (19.83%), Vitamin B2: 0.33mg (19.65%), Vitamin E: 2.56mg (17.06%), Zinc: 2.54mg (16.96%), Vitamin C: 10.41mg (12.62%), Folate: 44.1µg (11.03%), Fiber: 2.44g (9.77%), Potassium: 300.83mg (8.6%), Magnesium: 33.01mg (8.25%), Vitamin B6: 0.16mg (7.88%), Manganese: 0.16mg (7.78%), Vitamin B1: 0.09mg (6%), Vitamin B5: 0.48mg (4.83%), Iron: 0.81mg (4.52%), Vitamin B3: 0.87mg (4.35%), Copper: 0.06mg (3.15%), Vitamin D: 0.37µg (2.46%)