



Panini Margherita

 Vegetarian

READY IN



14 min.

SERVINGS



4

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 12 basil fresh
- 8 teaspoons olive oil extra virgin extra-virgin divided
- 4 ounces part-skim mozzarella cheese shredded
- 2 inch plum tomatoes (2 large tomatoes)
- 1 ounce bread crumbs french
- 0.3 teaspoon salt

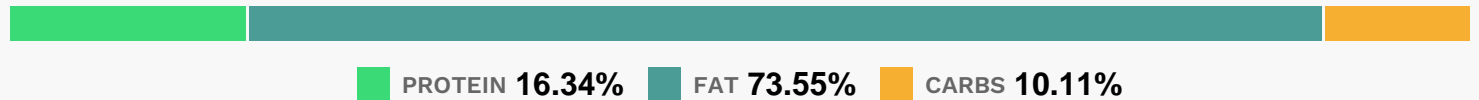
Equipment

- frying pan
- aluminum foil
- grill pan

Directions

- Divide tomato slices evenly among 4 bread slices; sprinkle evenly with salt and pepper.
- Sprinkle cheese evenly over tomatoes. Arrange basil leaves evenly over cheese, and top with remaining 4 bread slices.
- Drizzle 1 teaspoon olive oil over top of each sandwich, and coat with cooking spray.
- Place a grill pan or large nonstick skillet over medium–high heat until hot.
- Place sandwiches, oil sides down, in pan.
- Drizzle 1 teaspoon oil over top of each sandwich, and coat with cooking spray.
- Place a piece of foil over sandwiches in pan; place a heavy skillet on top of foil to press sandwiches. Cook 2 minutes or until golden brown. Turn sandwiches over; replace foil and heavy skillet. Cook 2 minutes or until golden brown.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:4.1443478335505%

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 Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 183.09kcal (9.15%), Fat: 15.03g (23.12%), Saturated Fat: 5.33g (33.34%), Carbohydrates: 4.65g (1.55%), Net Carbohydrates: 4.33g (1.58%), Sugar: 2.55g (2.83%), Cholesterol: 18.14mg (6.05%), Sodium: 347.42mg (15.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.51g (15.03%), Calcium: 224.67mg (22.47%), Phosphorus: 135.05mg (13.51%), Vitamin K: 10.55µg (10.05%), Vitamin E: 1.21mg (8.06%), Selenium: 4.09µg (5.85%), Vitamin B2: 0.09mg (5.51%), Zinc: 0.81mg (5.4%), Vitamin A: 210.92IU (4.22%), Vitamin B12: 0.23µg (3.87%), Magnesium: 8.85mg

(2.21%), Folate: 8.04µg (2.01%), Vitamin B3: 0.37mg (1.84%), Iron: 0.31mg (1.73%), Manganese: 0.03mg (1.72%), Potassium: 47.51mg (1.36%), Fiber: 0.31g (1.26%), Vitamin B6: 0.02mg (1.15%), Vitamin B1: 0.02mg (1.07%)