



Panini Pops!

 Popular

READY IN



23 min.

SERVINGS



8

CALORIES



282 kcal

Ingredients

- ☐ 4 tablespoons butter room temperature
- ☐ 8 lollipop sticks
- ☐ 0.5 pound semi-firm cheese
- ☐ 0.3 cup mix-ins minced crumbled finely
- ☐ 2 inch cookie cutters
- ☐ 8 slices rustic bread white sliced

Equipment

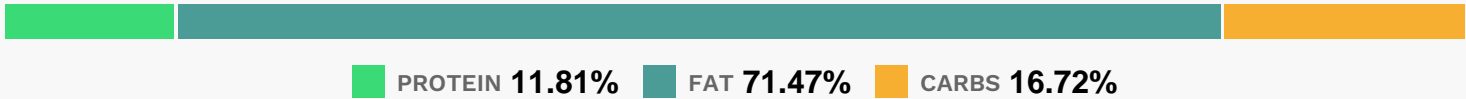
- ☐ grill
- ☐ cookie cutter

- ☐ cutting board
- ☐ panini press
- ☐ lollipop sticks

Directions

- ☐ Heat the panini maker to medium-high heat.
- ☐ Spread butter on two slices of bread to flavor the outside of the sandwich. Flip over one slice and top the other side with a generous amount of cheese to ensure there will be enough to hold the lollipop sticks in place (plus any mix-ins you might be using). Close the sandwich with the other slice of bread, buttered side up. Grill the panini, two at a time, until the cheese is melted and the bread is toasted, 3 to 4 minutes.
- ☐ Transfer the panini to a cutting board and immediately cut out shapes with cookie cutters (NOTE: If you're using a metal cutter it will get HOT very quickly, so take care not to burn your fingers) and insert the lollipop sticks. You'll want to get the sticks in there as soon as possible, while the cheese is still hot and soft. Once the cheese cools for a minute or two it should firm up and hold the sticks in place.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:0.47, Inflammation Score:-4, Nutrition Score:5.1334783149802%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 282.21kcal (14.11%), Fat: 22.56g (34.7%), Saturated Fat: 12.94g (80.86%), Carbohydrates: 11.88g (3.96%), Net Carbohydrates: 11.02g (4.01%), Sugar: 6.58g (7.31%), Cholesterol: 43.4mg (14.47%), Sodium: 310.2mg (13.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.39g (16.77%), Calcium: 204.26mg (20.43%), Phosphorus: 141.23mg (14.12%), Selenium: 8.15µg (11.64%), Vitamin A: 494.73IU (9.89%), Vitamin B2: 0.15mg (8.88%), Zinc: 1.1mg (7.34%), Folate: 21.18µg (5.3%), Vitamin B12: 0.31µg (5.21%), Vitamin B3: 0.97mg (4.87%), Vitamin C: 3.87mg (4.69%), Fiber: 0.85g (3.41%), Magnesium: 12.19mg (3.05%), Iron: 0.51mg (2.83%), Vitamin B1: 0.04mg (2.82%), Vitamin E: 0.42mg (2.79%), Vitamin K: 2.76µg (2.63%), Potassium: 86.02mg (2.46%), Vitamin B6: 0.03mg (1.68%), Vitamin B5:

0.14mg (1.41%), Vitamin D: 0.17µg (1.13%)