



Panini with Caramelized Onion, Pear and Fontina

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



761 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 pound fontina shredded sliced
- ☐ 8 slices loaf of crusty italian thin
- ☐ 2 tablespoons sage fresh chopped
- ☐ 1 tablespoon olive oil extra-virgin for drizzling
- ☐ 1 medium onion chopped
- ☐ 1 skinned pear red ripe thinly sliced

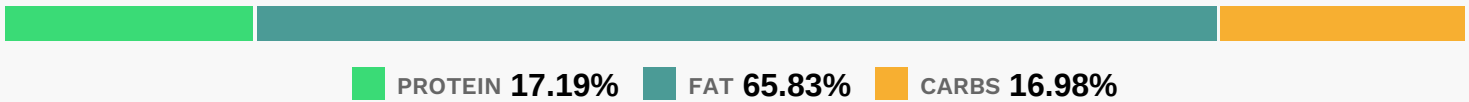
Equipment

- ☐ frying pan
- ☐ grill
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ Preheat a large grill pan or griddle over medium to medium high heat. Preheat a small skillet over medium to medium high heat.
- ☐ Add 1 tablespoon of oil and butter to the small skillet.
- ☐ Add onion to the melted butter and oil.
- ☐ Saute the onion, stirring frequently, 10 to 12 minutes or until onions are caramel colored and soft. Build sandwiches: spread 1/4 of the onions on each of 4 slices of bread. Top onions with a thin layer of fontina and sprinkle with chopped sage.
- ☐ Add a thin layer of pears to each sandwich, then more fontina and the top slice of bread.
- ☐ Drizzle the sandwiches with extra-virgin olive oil.
- ☐ Place drizzled side down and arrange the sandwiches on hot grill or griddle.
- ☐ Drizzle opposite side of each sandwich with oil and weigh the sandwiches with foil wrapped bricks or with a heavy skillet, weighted with a sack of flour or canned goods. Press sandwiches 2 or 3 minutes on each side and serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.19, Glycemic Load:3.02, Inflammation Score:-7, Nutrition Score:19.617826088615%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg

Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg, Isorhamnetin: 1.51mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg

Nutrients (% of daily need)

Calories: 761.08kcal (38.05%), Fat: 55.97g (86.1%), Saturated Fat: 31.84g (199%), Carbohydrates: 32.48g (10.83%), Net Carbohydrates: 29.02g (10.55%), Sugar: 19.62g (21.81%), Cholesterol: 139.07mg (46.36%), Sodium: 1079.85mg (46.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.89g (65.78%), Copper: 9.17mg (458.47%), Calcium: 654.56mg (65.46%), Phosphorus: 422.42mg (42.24%), Vitamin B12: 1.91µg (31.85%), Zinc: 4.2mg (28%), Selenium: 16.66µg (23.8%), Vitamin A: 1134.46IU (22.69%), Manganese: 0.37mg (18.56%), Vitamin B2: 0.29mg (17.13%), Fiber: 3.46g (13.85%), Vitamin B3: 2.08mg (10.38%), Folate: 40.45µg (10.11%), Iron: 1.59mg (8.86%), Magnesium: 33.71mg (8.43%), Potassium: 264.81mg (7.57%), Vitamin B1: 0.11mg (7.12%), Vitamin K: 7.37µg (7.02%), Vitamin B6: 0.14mg (7.01%), Vitamin E: 0.95mg (6.34%), Vitamin B5: 0.55mg (5.46%), Vitamin C: 3.95mg (4.79%), Vitamin D: 0.68µg (4.54%)