Panini With Sautéed Mushrooms and Gruyère

READY IN	SERVINGS	CALORIES
25 min.	4	251 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 1 tablespoon butter
- [ ] 2 tablespoons butter melted
- [ ] 4 teaspoons dijon mustard
- [ ] 1 cup gruyère cheese shredded
- [ ] 8 ounce mushrooms sliced
- [ ] 0.3 cup onion chopped
- [ ] 0.3 cup roasted bell peppers red sliced
- [ ] 1 ounce bread whole wheat

Equipment

- [ ] frying pan
- [ ] panini press

Directions

- [ ] Heat butter in large nonstick skillet over medium-high heat.
- [ ] Add mushrooms; saut 5-6 minutes.
- [ ] Spread mustard on 4 slices of bread; layer each with 6 spinach leaves, 1 tablespoon pepper, 1 tablespoon onion, 1/4 cup cheese, and 1/4 cup mushrooms. Top with remaining bread.
- [ ] Brush melted butter over both sides of each sandwich. If using a skillet, heat a large nonstick skillet over medium-high heat; place sandwich- es in pan.
- [ ] Place another skillet on top of sandwiches; cook 2-3 minutes on each side until golden brown and cheese is melted. If using a panini maker, brush sandwiches with butter; place in machine, close, and cook 2 minutes or until done.

Nutrition Facts

PROTEIN **20.18%** FAT **69.57%** CARBS **10.25%**

Properties

Glycemic Index:65.17, Glycemic Load:2.47, Inflammation Score:-5, Nutrition Score:10.473043441772%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 250.68kcal (12.53%), Fat: 19.82g (30.5%), Saturated Fat: 11.73g (73.34%), Carbohydrates: 6.57g (2.19%), Net Carbohydrates: 5.09g (1.85%), Sugar: 2.06g (2.28%), Cholesterol: 58.88mg (19.63%), Sodium: 513.05mg (22.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.94g (25.88%), Calcium: 358.11mg (35.81%), Phosphorus: 276.01mg (27.6%), Vitamin B2: 0.34mg (20.23%), Selenium: 13.77µg (19.67%), Vitamin A: 624.7IU (12.49%), Vitamin B3: 2.49mg (12.44%), Zinc: 1.78mg (11.87%), Manganese: 0.23mg (11.57%), Copper: 0.23mg (11.29%), Vitamin B5: 1.13mg (11.25%), Vitamin B12: 0.57µg (9.48%), Potassium: 262.15mg (7.49%), Vitamin B1: 0.11mg (7.35%), Vitamin C: 6.02mg (7.3%), Magnesium: 27.01mg (6.75%), Vitamin B6: 0.13mg (6.62%), Fiber: 1.48g (5.93%),

Folate: 19.88µg (4.97%), Iron: 0.69mg (3.85%), Vitamin E: 0.4mg (2.66%), Vitamin K: 2.29µg (2.18%), Vitamin D: 0.31µg (2.08%)