

Panzanella Panini

 Vegetarian

READY IN



15 min.

SERVINGS



1

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 1 deli roll split french
- ☐ 4 basil leaves fresh
- ☐ 2 slices mozzarella cheese
- ☐ 1 serving olive oil
- ☐ 1 small tomatoes sliced

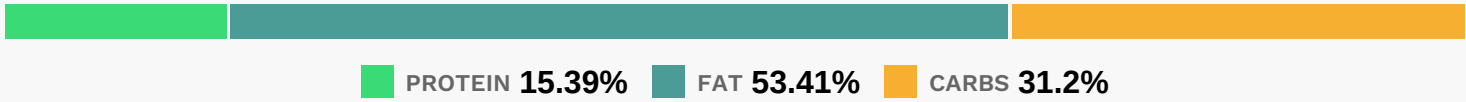
Equipment

- ☐ frying pan

Directions

- ☐ Preheat a skillet over medium-low heat.
- ☐ Sprinkle cut sides of roll with balsamic vinegar.
- ☐ Layer one slice of mozzarella cheese, tomato slices, basil leaves, and the remaining slice of mozzarella cheese on the roll. Close sandwich; rub outside with olive oil.
- ☐ Place sandwich in preheated skillet; top with another heavy skillet to press. Cook until bread is toasted and golden, about 3 minutes. Flip sandwich; top with skillet. Cook second side until toasted, about an additional 2 minutes.

Nutrition Facts



Properties

Glycemic Index:258, Glycemic Load:24.66, Inflammation Score:-7, Nutrition Score:13.292174126791%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 488.15kcal (24.41%), Fat: 29.06g (44.7%), Saturated Fat: 9.41g (58.82%), Carbohydrates: 38.19g (12.73%), Net Carbohydrates: 36.01g (13.09%), Sugar: 8.06g (8.96%), Cholesterol: 44.77mg (14.92%), Sodium: 653.86mg (28.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.83g (37.67%), Iron: 11.31mg (62.83%), Calcium: 305.98mg (30.6%), Vitamin A: 1225.5IU (24.51%), Vitamin K: 23.56µg (22.44%), Phosphorus: 224.29mg (22.43%), Vitamin B12: 1.29µg (21.53%), Vitamin E: 2.63mg (17.52%), Vitamin C: 12.76mg (15.46%), Selenium: 9.64µg (13.77%), Zinc: 1.83mg (12.18%), Vitamin B2: 0.18mg (10.52%), Fiber: 2.18g (8.73%), Potassium: 269.2mg (7.69%), Manganese: 0.15mg (7.28%), Magnesium: 22.97mg (5.74%), Vitamin B6: 0.1mg (4.81%), Folate: 18.7µg (4.68%), Vitamin B1: 0.05mg (3.41%), Copper: 0.07mg (3.37%), Vitamin B3: 0.61mg (3.07%), Vitamin B5: 0.16mg (1.64%), Vitamin D: 0.23µg (1.51%)