



WHATSheATE



Pear, Pecorino, and Prosciutto Panini

READY IN



45 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup arugula trimmed
- ☐ 4 teaspoons balsamic vinegar
- ☐ 12 ounce flour cut in half horizontally
- ☐ 1 pears firm cored ripe peeled cut into 8 wedges
- ☐ 2 ounces pecorino cheese fresh shaved
- ☐ 4 ounces pancetta very thin
- ☐ 0.5 teaspoon sugar

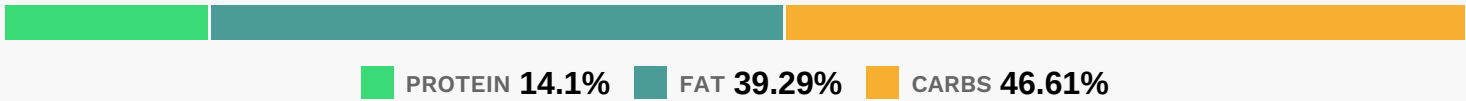
Equipment

☐ frying pan

Directions

- ☐ Heat a nonstick skillet over medium-high heat.
- ☐ Add pear to pan, and sprinkle with sugar. Cook 2 minutes on each side or until golden.
- ☐ Brush cut sides of bread with vinegar. Arrange pear slices, arugula, cheese, and prosciutto evenly over bottom half of bread; cover with top half of bread.
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add stuffed loaf to pan.
- ☐ Place a cast-iron or heavy skillet on top of stuffed loaf; press gently to flatten. Cook 4 minutes on each side or until bread is toasted (leave cast-iron skillet on stuffed loaf while it cooks).
- ☐ Cut into quarters.

Nutrition Facts



Properties

Glycemic Index:64.21, Glycemic Load:20.05, Inflammation Score:-2, Nutrition Score:5.4799999776094%

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 Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 445kcal (22.25%), Fat: 19.64g (30.22%), Saturated Fat: 6.21g (38.81%), Carbohydrates: 52.44g (17.48%), Net Carbohydrates: 49.49g (18%), Sugar: 7.28g (8.09%), Cholesterol: 33.45mg (11.15%), Sodium: 853.15mg (37.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.86g (31.72%), Calcium: 165.6mg (16.56%), Phosphorus: 157.44mg (15.74%), Fiber: 2.95g (11.79%), Selenium: 7.82µg (11.17%), Vitamin K: 7.72µg (7.35%), Vitamin

B3: 1.24mg (6.19%), Vitamin B1: 0.09mg (6.07%), Vitamin B2: 0.09mg (5.37%), Vitamin B6: 0.1mg (5.2%), Zinc: 0.77mg (5.15%), Vitamin B12: 0.3µg (5.01%), Potassium: 144mg (4.11%), Vitamin A: 199.09IU (3.98%), Magnesium: 15.28mg (3.82%), Vitamin C: 2.66mg (3.23%), Copper: 0.06mg (2.89%), Vitamin B5: 0.26mg (2.61%), Manganese: 0.05mg (2.5%), Iron: 0.41mg (2.3%), Folate: 8.96µg (2.24%), Vitamin E: 0.23mg (1.53%), Vitamin D: 0.18µg (1.23%)