



Pesto, Mozzarella and Tomato Panini

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 sandwich rolls
- 2 tablespoons olive oil
- 0.5 cup basil pesto
- 8 slices mozzarella cheese
- 1 medium tomatoes cut into 8 thin slices
- 0.5 teaspoon salt
- 0.3 teaspoon pepper

Equipment

grill

Directions

Heat closed contact grill 5 minutes.

Cut each roll in half horizontally; brush outside of each half with oil.

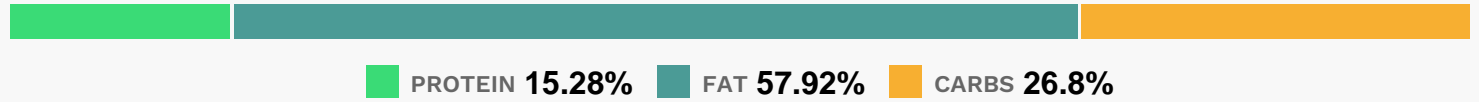
Spread pesto on inside of both halves.

Layer each sandwich with cheese and tomato.

Sprinkle with salt and pepper.

When grill is heated, place sandwiches on grill. Close grill; grill 4 minutes or until bread is toasty and cheese is melted. Slice sandwiches on diagonal and serve warm.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.66, Inflammation Score:-7, Nutrition Score:14.460869498875%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 524.71kcal (26.24%), Fat: 33.65g (51.77%), Saturated Fat: 10.76g (67.24%), Carbohydrates: 35.04g (11.68%), Net Carbohydrates: 32.83g (11.94%), Sugar: 3.39g (3.77%), Cholesterol: 47.25mg (15.75%), Sodium: 1247.62mg (54.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.98g (39.96%), Selenium: 31.93µg (45.61%), Calcium: 394.11mg (39.41%), Phosphorus: 265.18mg (26.52%), Vitamin A: 1264.86IU (25.3%), Vitamin B12: 1.29µg (21.53%), Vitamin B2: 0.36mg (21.06%), Vitamin B1: 0.3mg (20.06%), Manganese: 0.33mg (16.55%), Folate: 62.75µg (15.69%), Zinc: 2.24mg (14.97%), Iron: 2.44mg (13.53%), Vitamin B3: 2.66mg (13.3%), Vitamin E: 1.52mg (10.15%), Fiber: 2.21g (8.83%), Vitamin K: 8.49µg (8.09%), Magnesium: 30.33mg (7.58%), Copper: 0.12mg (5.96%), Potassium: 179.3mg (5.12%), Vitamin C: 4.21mg (5.11%), Vitamin B5: 0.34mg (3.43%), Vitamin B6: 0.07mg (3.29%), Vitamin D: 0.23µg (1.51%)