



Pork Pesto Panini

READY IN



45 min.

SERVINGS



6

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 slices artisan bread
- ☐ 6 oz havarti cheese
- ☐ 12 teaspoons pesto
- ☐ 6 servings pork tenderloins with balsamic strawberries
- ☐ 7 oz roasted bell peppers red

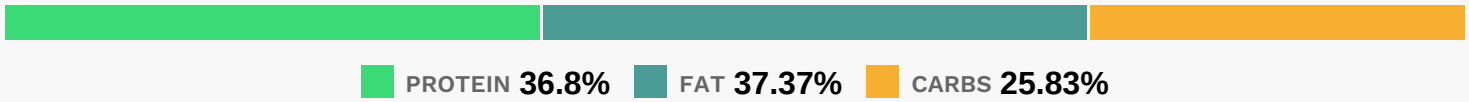
Equipment

- ☐ panini press

Directions

- ☐ Cut reserved pork from Pork Tenderloins with Balsamic Strawberries into 18 thin slices.
- ☐ Drain roasted red bell peppers; cut peppers into 6 pieces.
- ☐ Spread 2 tsp. pesto on each of 6 artisan bread slices. Top each with 3 pork slices, 1 red pepper piece, 1 Havarti cheese slice, and 1 bread slice. Cook in a preheated panini press 2 to 3 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:9.78, Glycemic Load:14.29, Inflammation Score:-7, Nutrition Score:29.137826079908%

Nutrients (% of daily need)

Calories: 455.65kcal (22.78%), Fat: 18.66g (28.71%), Saturated Fat: 7.53g (47.08%), Carbohydrates: 29.03g (9.68%), Net Carbohydrates: 26.23g (9.54%), Sugar: 3.53g (3.92%), Cholesterol: 112.85mg (37.62%), Sodium: 1094.89mg (47.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.35g (82.71%), Vitamin B1: 1.57mg (104.57%), Selenium: 59.24µg (84.63%), Vitamin B3: 12.2mg (60.99%), Vitamin B6: 1.17mg (58.58%), Phosphorus: 554.73mg (55.47%), Vitamin B2: 0.7mg (40.95%), Manganese: 0.76mg (37.8%), Zinc: 4.28mg (28.54%), Calcium: 279.78mg (27.98%), Iron: 3.68mg (20.47%), Potassium: 672.89mg (19.23%), Vitamin C: 15.63mg (18.95%), Vitamin B12: 1.09µg (18.13%), Magnesium: 70.4mg (17.6%), Folate: 69.9µg (17.48%), Vitamin B5: 1.69mg (16.9%), Copper: 0.27mg (13.48%), Vitamin A: 602.2IU (12.04%), Fiber: 2.8g (11.19%), Vitamin E: 0.59mg (3.97%), Vitamin D: 0.48µg (3.18%), Vitamin K: 2.74µg (2.61%)