



Prosciutto and Egg Panini

READY IN



15 min.

SERVINGS



4

CALORIES



826 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 8 large eggs
- 0.5 teaspoon kosher salt
- 8 ounces pancetta thinly sliced
- 4 portugese rolls soft halved lengthwise
- 8 ounces swiss cheese thinly sliced
- 2 tablespoons butter unsalted

Equipment

- bowl
- frying pan
- whisk
- spatula
- grill pan

Directions

- In a small bowl, whisk together the eggs, salt, and pepper. Melt 1 tablespoon of the butter in a large nonstick skillet over medium heat.
- Pour in the eggs and scramble until cooked through. Divide the eggs among the bottom halves of the rolls.
- Add the prosciutto and cheese and sandwich with the tops of the rolls. Melt the remaining butter in a grill pan or large nonstick skillet over medium heat.
- Add half the sandwiches to the skillet. Cook, pressing frequently with the back of a spatula or placing another pan on top of the sandwiches to weigh them down, until the cheese has melted and the bread is golden, 4 to 6 minutes. Repeat with the remaining sandwiches.

Nutrition Facts



PROTEIN 19.8% **FAT 63.17%** **CARBS 17.03%**

Properties

Glycemic Index:33, Glycemic Load:23.2, Inflammation Score:-5, Nutrition Score:24.055217183155%

Nutrients (% of daily need)

Calories: 826.01kcal (41.3%), Fat: 57.47g (88.42%), Saturated Fat: 24.59g (153.66%), Carbohydrates: 34.86g (11.62%), Net Carbohydrates: 33.77g (12.28%), Sugar: 4.71g (5.23%), Cholesterol: 477.2mg (159.07%), Sodium: 1206.24mg (52.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.53g (81.07%), Selenium: 59.24µg (84.63%), Iron: 12.72mg (70.68%), Phosphorus: 606.98mg (60.7%), Calcium: 572.26mg (57.23%), Vitamin B12: 2.9µg (48.3%), Vitamin B2: 0.68mg (39.84%), Zinc: 4.45mg (29.64%), Vitamin A: 1207.19IU (24.14%), Vitamin B5: 2.1mg (21%), Vitamin B6: 0.36mg (18.05%), Vitamin D: 2.33µg (15.55%), Vitamin B1: 0.2mg (13.55%), Folate: 52.33µg (13.08%), Vitamin E: 1.8mg (11.98%), Vitamin B3: 2.39mg (11.97%), Magnesium: 37.88mg (9.47%), Potassium: 293.92mg (8.4%), Copper: 0.13mg (6.27%), Fiber: 1.1g (4.39%), Manganese: 0.05mg (2.7%), Vitamin K: 1.79µg (1.7%)