



Prosciutto and Smoked Gouda Panini

READY IN



45 min.

SERVINGS



10

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounces gouda cheese smoked thinly sliced
- ☐ 1 ounce bread italian
- ☐ 6 ounces pancetta thinly sliced

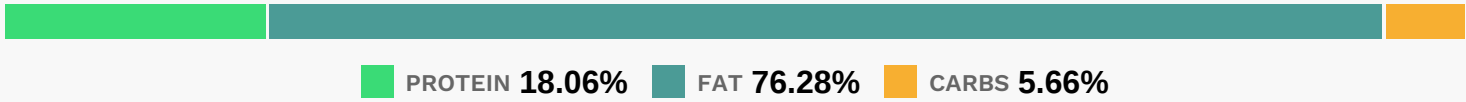
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐
- Coat 1 side of each bread slice with cooking spray.
- ☐
- Place 10 bread slices, coated sides down, on a work surface. Divide cheese and prosciutto evenly among 10 bread slices. Top with remaining bread slices, coated sides up.
- ☐
- Heat a large nonstick skillet over medium heat. Cook panini 5 minutes on each side or until lightly browned and cheese melts, pressing with a spatula to flatten.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:3.1186956776225%

Nutrients (% of daily need)

Calories: 147.3kcal (7.37%), Fat: 12.41g (19.1%), Saturated Fat: 5.8g (36.25%), Carbohydrates: 2.08g (0.69%), Net Carbohydrates: 1.98g (0.72%), Sugar: 1.25g (1.39%), Cholesterol: 30.62mg (10.21%), Sodium: 262.43mg (11.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.22%), Calcium: 119.92mg (11.99%), Phosphorus: 118.42mg (11.84%), Selenium: 5.89µg (8.41%), Zinc: 0.87mg (5.8%), Vitamin B12: 0.35µg (5.78%), Vitamin B2: 0.07mg (4.3%), Vitamin B3: 0.82mg (4.11%), Vitamin B1: 0.06mg (3.73%), Vitamin B6: 0.06mg (2.94%), Vitamin A: 102.06IU (2.04%), Magnesium: 7.46mg (1.86%), Potassium: 60.41mg (1.73%), Vitamin B5: 0.15mg (1.52%), Folate: 5.36µg (1.34%), Vitamin D: 0.15µg (1.02%)