



Prosciutto, Mozzarella, and Arugula Panini

READY IN



45 min.

SERVINGS



4

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup lightly arugula packed trimmed
- 4 teaspoons balsamic vinegar
- 0.3 teaspoon pepper black
- 9 ounce ciabatta bread cut in half horizontally
- 2 teaspoons olive oil extravirgin
- 1 garlic clove minced
- 4 ounce part-skim mozzarella cheese
- 4 ounces pancetta very thin
- 2 inch tomatoes (1 medium tomato)

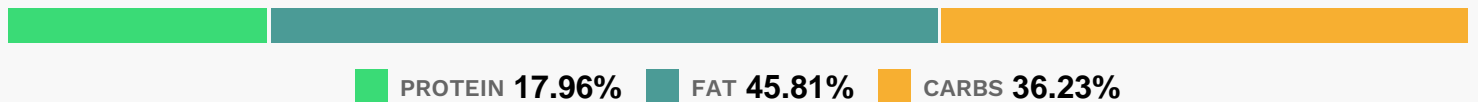
Equipment

- bowl
- frying pan
- whisk
- grill pan

Directions

- Combine first 4 ingredients in a small bowl; stir well with a whisk.
- Brush cut sides of bread with vinaigrette. Arrange prosciutto and next 3 ingredients over bottom half of bread; replace top half of bread.
- Cut loaf in half crosswise, and coat with cooking spray.
- Heat a large grill pan or nonstick skillet over medium heat.
- Add sandwich halves to pan.
- Place a heavy skillet on top of sandwiches to weigh them down. Cook 3 minutes on each side or until bread is toasted and cheese melts.
- Cut each sandwich half in half again to form 4 equal portions.
- Serve immediately.
- Note: Focaccia may be substituted for ciabatta.
- Panini (pah-NEE-nee) translates as "rolls" or "little bread," but in Italy, the name is synonymous with sandwiches.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:0.56, Inflammation Score:-2, Nutrition Score:5.7373913163724%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.75mg, Kaempferol: 1.75mg,

Kaempferol: 1.75mg, Kaempferol: 1.75mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 361.29kcal (18.06%), Fat: 18.25g (28.08%), Saturated Fat: 7.17g (44.84%), Carbohydrates: 32.48g (10.83%), Net Carbohydrates: 31.63g (11.5%), Sugar: 1.21g (1.35%), Cholesterol: 36.85mg (12.28%), Sodium: 678.47mg (29.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.1g (32.21%), Calcium: 234.52mg (23.45%), Phosphorus: 177.28mg (17.73%), Selenium: 9.91µg (14.15%), Zinc: 1.16mg (7.71%), Vitamin K: 7.43µg (7.07%), Vitamin B2: 0.11mg (6.73%), Vitamin B12: 0.37µg (6.24%), Vitamin B3: 1.2mg (6%), Vitamin B1: 0.09mg (5.84%), Vitamin A: 276.83IU (5.54%), Vitamin B6: 0.11mg (5.48%), Fiber: 0.84g (3.38%), Magnesium: 13.41mg (3.35%), Vitamin E: 0.48mg (3.2%), Potassium: 111.69mg (3.19%), Manganese: 0.06mg (2.92%), Vitamin B5: 0.21mg (2.09%), Folate: 7.64µg (1.91%), Iron: 0.33mg (1.82%), Copper: 0.03mg (1.44%), Vitamin C: 1.16mg (1.4%), Vitamin D: 0.2µg (1.32%)