



Provolone and Broccoli Rabe Panini

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 anchovy dry rinsed chopped
- 0.5 lb broccoli rabe
- 1 loaf salt italian sliced (8- to 9-inch) (1/)
- 1 garlic clove minced
- 3 tablespoons olive oil extra virgin extra-virgin
- 0.3 lb provolone cheese sliced

Equipment

- frying pan

- pot
- colander
- grill pan
- panini press

Directions

- Cook broccoli rabe in a 4-quart pot of boiling salted water, uncovered, until tender, about 3 minutes.
- Drain well in a colander, then chop.
- Cook anchovies and garlic in 1 1/2 tablespoons oil in a 10-inch heavy skillet over moderate heat, stirring, until garlic just begins to turn golden, about 1 minute.
- Add broccoli rabe and cook, stirring, 1 minute.
- Heat a panini or sandwich press according to manufacturer's instructions until hot. (Alternatively, heat a well-seasoned ridged grill pan over moderate heat.)
- Brush 4 center slices of bread on 1 side with remaining 1 1/2 tablespoons oil. (Reserve remainder of loaf for another use.) Put slices, oiled sides down, on a work surface, then divide half of cheese between 2 slices. Top with all of broccoli rabe mixture, remaining cheese, and remaining 2 bread slices, oiled sides up.
- Put sandwiches on press, then pull down top onto sandwiches and cook until sandwiches are browned and crisp, 4 to 8 minutes. (If using grill pan, put a heavy pan on top of sandwiches and cook, turning sandwiches over once.)

Nutrition Facts

■ PROTEIN 19.33% ■ FAT 76.33% ■ CARBS 4.34%

Properties

Glycemic Index:44.5, Glycemic Load:0.63, Inflammation Score:-10, Nutrition Score:25.633478226869%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 483.41kcal (24.17%), Fat: 41.87g (64.41%), Saturated Fat: 15.97g (99.83%), Carbohydrates: 5.35g (1.78%), Net Carbohydrates: 2.25g (0.82%), Sugar: 0.87g (0.97%), Cholesterol: 54.56mg (18.19%), Sodium: 785.65mg (34.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.86g (47.71%), Vitamin K: 268.35µg (255.57%), Vitamin A: 3640.7IU (72.81%), Calcium: 702.92mg (70.29%), Phosphorus: 467.01mg (46.7%), Vitamin E: 5.06mg (33.73%), Vitamin C: 23.37mg (28.33%), Folate: 102.09µg (25.52%), Manganese: 0.48mg (24.19%), Vitamin B2: 0.4mg (23.58%), Zinc: 3.4mg (22.68%), Selenium: 13.77µg (19.67%), Vitamin B12: 1.13µg (18.81%), Iron: 3.09mg (17.19%), Vitamin B6: 0.27mg (13.67%), Vitamin B1: 0.2mg (13.55%), Fiber: 3.09g (12.37%), Magnesium: 48.14mg (12.03%), Vitamin B3: 2.07mg (10.36%), Potassium: 348.17mg (9.95%), Vitamin B5: 0.76mg (7.6%), Copper: 0.08mg (4.02%), Vitamin D: 0.38µg (2.52%)