



## Provolone Panini Sandwiches

 Vegetarian

READY IN



10 min.

SERVINGS



2

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 large basil leaves
- 1 tablespoon caesar dressing light
- 2 ounce provolone cheese light
- 0.5 cup bottled roasted bell pepper strips red drained
- 4.4 ounce sandwich bread white firm (such as Pepperidge Farm)

### Equipment

- wax paper
- panini press

waffle iron

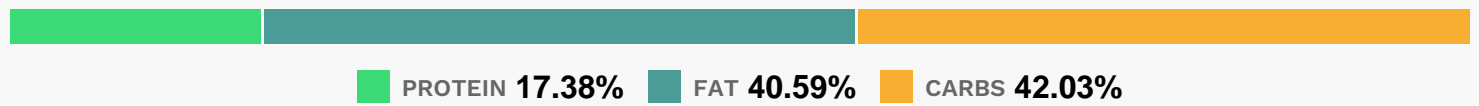
## Directions

Lightly brush 1 side of each bread slice with dressing.

Place 2 bread slices, dressing side down, on a sheet of wax paper; top each with 1 slice cheese. Arrange bell pepper strips and basil evenly over cheese slices. Top with remaining 2 slices of cheese and bread slices, placing bread with the dressing side up.

. Cook sandwiches in a preheated panini maker or waffle iron for 3 minutes or until golden brown and cheese melts.

## Nutrition Facts



## Properties

Glycemic Index:85.89, Glycemic Load:22.05, Inflammation Score:-6, Nutrition Score:13.107391398886%

## Nutrients (% of daily need)

Calories: 314.41kcal (15.72%), Fat: 14.14g (21.76%), Saturated Fat: 6.02g (37.64%), Carbohydrates: 32.94g (10.98%), Net Carbohydrates: 31.03g (11.28%), Sugar: 3.7g (4.11%), Cholesterol: 22.43mg (7.48%), Sodium: 1071.75mg (46.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.63g (27.26%), Calcium: 366.63mg (36.66%), Selenium: 18.81µg (26.87%), Manganese: 0.45mg (22.46%), Vitamin B1: 0.33mg (22.11%), Phosphorus: 220.38mg (22.04%), Vitamin C: 16.58mg (20.1%), Folate: 78.9µg (19.72%), Vitamin B3: 3.22mg (16.11%), Vitamin B2: 0.25mg (14.89%), Iron: 2.65mg (14.74%), Vitamin K: 15.11µg (14.39%), Vitamin A: 519IU (10.38%), Zinc: 1.55mg (10.32%), Fiber: 1.92g (7.67%), Magnesium: 29.8mg (7.45%), Vitamin B6: 0.14mg (7.23%), Vitamin B12: 0.42µg (6.94%), Copper: 0.14mg (6.86%), Vitamin B5: 0.49mg (4.92%), Potassium: 170.05mg (4.86%), Vitamin E: 0.56mg (3.76%)