



Pumpkin Butter, Sopressata and Goat Cheese Panini

♥♥ Popular

READY IN



18 min.

SERVINGS



4

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup pumpkin butter
- ☐ 8 slices cinnamon raisin bread would be alternatives good canned
- ☐ 4 ounces goat cheese room temperature
- ☐ 6 ounces sopressata sliced
- ☐ 2 tablespoons butter unsalted melted

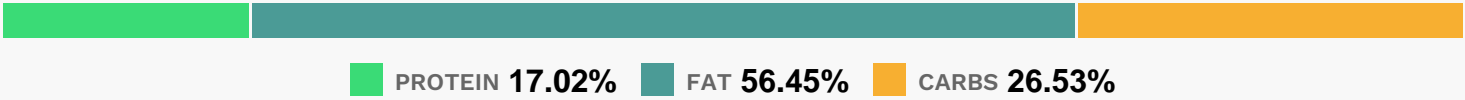
Equipment

- ☐ grill

Directions

- ☐ Spread a layer of goat cheese onto one slice of bread.
- ☐ Layer on 1/4 of the salame. Spoon a few tablespoons of pumpkin butter onto a second slice of bread and place it on top, pumpkin butter side down, to close the sandwich.
- ☐ Brush a little melted butter on top.Grill for 3 to 4 minutes until the bread is toasted with grill marks and the goat cheese is softened. Slice in half and serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:17.91, Inflammation Score:-9, Nutrition Score:16.307826228764%

Nutrients (% of daily need)

Calories: 448.46kcal (22.42%), Fat: 28.3g (43.54%), Saturated Fat: 13.35g (83.44%), Carbohydrates: 29.93g (9.98%), Net Carbohydrates: 27.34g (9.94%), Sugar: 3.6g (3.99%), Cholesterol: 61.69mg (20.56%), Sodium: 1247.29mg (54.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.19g (38.39%), Vitamin A: 2328.03IU (46.56%), Vitamin B1: 0.61mg (40.63%), Selenium: 22.15µg (31.65%), Vitamin B2: 0.46mg (27.11%), Phosphorus: 234.09mg (23.41%), Vitamin B3: 4.52mg (22.59%), Vitamin B12: 1.26µg (20.94%), Copper: 0.39mg (19.61%), Vitamin B6: 0.37mg (18.39%), Manganese: 0.35mg (17.71%), Zinc: 2.45mg (16.36%), Folate: 64.31µg (16.08%), Iron: 2.72mg (15.13%), Fiber: 2.59g (10.34%), Potassium: 349.43mg (9.98%), Vitamin B5: 0.92mg (9.22%), Calcium: 89.62mg (8.96%), Magnesium: 33.5mg (8.38%), Vitamin C: 3.73mg (4.52%), Vitamin E: 0.61mg (4.07%), Vitamin K: 2.08µg (1.98%), Vitamin D: 0.22µg (1.46%)