



Roast Beef Panini

READY IN



18 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons dijon mustard
- ☐ 2 ounces gouda cheese smoked shredded
- ☐ 8 tablespoons hot-pepper jelly
- ☐ 8 slices whole-grain bread
- ☐ 0.5 pound deli roast beef thinly sliced
- ☐ 1 cup watercress sprigs

Equipment

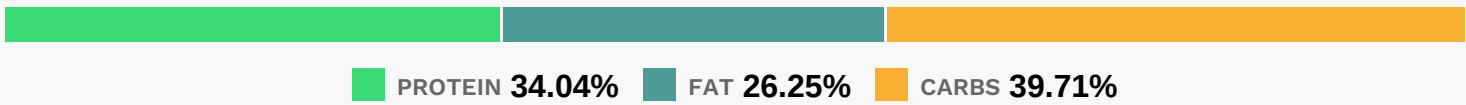
- ☐ frying pan

- ☐ grill
- ☐ grill pan
- ☐ panini press

Directions

- ☐ Spread 1 tablespoon jelly evenly on each of 8 slices of bread.
- ☐ Spread each of 4 slices with 1/2 teaspoon mustard on top of the jelly; sprinkle Gouda evenly on the same 4 slices. Top the remaining slices evenly with the thinly sliced roast beef and the watercress sprigs.
- ☐ Combine the bread slices to create 4 sandwiches.
- ☐ Heat a panini press or a grill pan coated lightly with olive oil cooking spray. Grill the sandwiches in batches, with the press closed, for 23 minutes per side. If using a grill pan, cook the sandwiches over moderately high heat with a heavy skillet on top of the sandwiches, pressing down, 23 minutes per side or until golden. Halve the sandwiches, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.42, Glycemic Load:15.58, Inflammation Score:-7, Nutrition Score:22.96043496417%

Flavonoids

Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 275.2kcal (13.76%), Fat: 8.08g (12.43%), Saturated Fat: 3.61g (22.54%), Carbohydrates: 27.51g (9.17%), Net Carbohydrates: 23.55g (8.56%), Sugar: 4.43g (4.92%), Cholesterol: 48.48mg (16.16%), Sodium: 1255.1mg (54.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.58g (47.17%), Vitamin C: 72.29mg (87.62%), Manganese: 1.3mg (64.76%), Calcium: 365.24mg (36.52%), Vitamin B3: 7.11mg (35.53%), Phosphorus: 326.24mg (32.62%), Selenium: 21.38µg (30.54%), Vitamin K: 30.18µg (28.74%), Vitamin B6: 0.52mg (26.18%), Zinc: 3.69mg (24.59%), Vitamin B12: 1.18µg (19.7%), Vitamin B1: 0.28mg (18.85%), Magnesium: 69.02mg (17.26%), Iron: 3.02mg (16.8%), Fiber: 3.96g (15.84%), Vitamin B2: 0.25mg (14.57%), Vitamin A: 640.09IU (12.8%), Potassium: 444.31mg (12.69%), Copper:

0.22mg (10.92%), Folate: 39.5µg (9.87%), Vitamin B5: 0.7mg (6.97%), Vitamin E: 0.64mg (4.25%)