



Salami and Provolone Panini

READY IN



16 min.

SERVINGS



10

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup baby spinach leaves
- ☐ 8 slices bread white italian
- ☐ 0.3 cup mayonnaise dressing with olive oil best foods®
- ☐ 8 slices provolone cheese
- ☐ 12 slices genoa hard

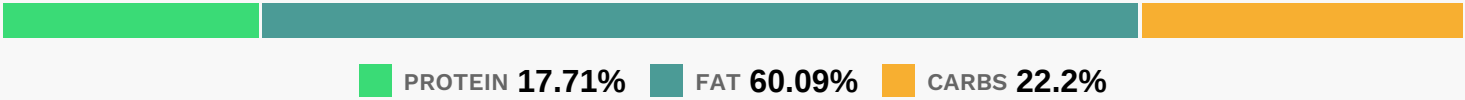
Equipment

- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Evenly top 4 bread slices with salami, cheese and arugula, then remaining bread slice.
- ☐ Brush both sides of sandwiches with Hellmann's or Best Foods Mayonnaise Dressing with Olive Oil. In 12-inch skillet or grill pan, cook sandwiches over medium heat, turning once, 6 minutes or until bread is toasted and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:21.18, Glycemic Load:7.18, Inflammation Score:-4, Nutrition Score:7.1260870150898%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 190.08kcal (9.5%), Fat: 12.6g (19.39%), Saturated Fat: 4.7g (29.4%), Carbohydrates: 10.48g (3.49%), Net Carbohydrates: 9.95g (3.62%), Sugar: 1.2g (1.33%), Cholesterol: 21.37mg (7.12%), Sodium: 487.91mg (21.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.36g (16.71%), Vitamin K: 23.99µg (22.85%), Calcium: 161.93mg (16.19%), Selenium: 9.75µg (13.92%), Vitamin B1: 0.21mg (13.84%), Phosphorus: 125.37mg (12.54%), Vitamin B12: 0.53µg (8.85%), Vitamin A: 418.91IU (8.38%), Vitamin B2: 0.14mg (8.19%), Vitamin B3: 1.6mg (8.01%), Manganese: 0.15mg (7.74%), Zinc: 1.14mg (7.63%), Folate: 30.04µg (7.51%), Iron: 0.98mg (5.47%), Vitamin B6: 0.1mg (4.76%), Magnesium: 14.46mg (3.61%), Vitamin B5: 0.31mg (3.06%), Potassium: 103.06mg (2.94%), Copper: 0.05mg (2.55%), Vitamin E: 0.32mg (2.16%), Fiber: 0.53g (2.1%), Vitamin C: 0.84mg (1.02%)