



Salami Panini

READY IN



10 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces fontina thinly sliced
- ☐ 4 hot dog buns split
- ☐ 2 tablespoons olive oil unsalted
- ☐ 4 ounces genoa salami thinly sliced

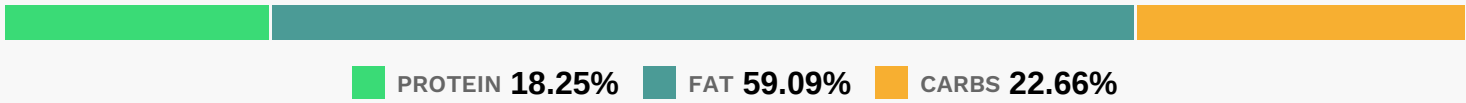
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Place the bottoms of the buns on a work surface, cut-side up. Top with the salami, fontina, and pepperoncini (if using). Sandwich with the tops of the buns. Flatten slightly with the back of a spatula.
- ☐ Heat a large skillet over medium heat.
- ☐ Spread the top of each sandwich with 1/2 tablespoon of the butter or oil. Cook the sandwiches buttered-side down, pressing occasionally with the back of a spatula, for 2 minutes. Flip and cook until the cheese melts and the bread is golden.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:12.97, Inflammation Score:-4, Nutrition Score:11.55086961259%

Nutrients (% of daily need)

Calories: 394.43kcal (19.72%), Fat: 25.72g (39.56%), Saturated Fat: 12.77g (79.8%), Carbohydrates: 22.19g (7.4%), Net Carbohydrates: 21.42g (7.79%), Sugar: 3.54g (3.93%), Cholesterol: 70.33mg (23.44%), Sodium: 1078.22mg (46.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.87g (35.74%), Vitamin B1: 0.5mg (33.38%), Selenium: 22.94µg (32.77%), Vitamin B12: 1.37µg (22.78%), Calcium: 222.49mg (22.25%), Phosphorus: 207.61mg (20.76%), Vitamin B3: 3.41mg (17.05%), Zinc: 2.5mg (16.66%), Vitamin B2: 0.28mg (16.47%), Manganese: 0.26mg (12.96%), Folate: 42.43µg (10.61%), Iron: 1.89mg (10.52%), Vitamin B6: 0.21mg (10.32%), Vitamin A: 434.19IU (8.68%), Potassium: 178.83mg (5.11%), Magnesium: 20.12mg (5.03%), Copper: 0.1mg (4.99%), Vitamin B5: 0.43mg (4.3%), Vitamin K: 3.27µg (3.11%), Fiber: 0.76g (3.06%), Vitamin E: 0.35mg (2.36%), Vitamin D: 0.28µg (1.83%)