



Soppressata Panini With Mozzarella And Pesto Recipe

READY IN



25 min.

SERVINGS



4

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup basil pesto homemade
- 1 ciabatta rolls cut into 4 servings, or 4 ciabatta rolls
- 8 ounces mozzarella fresh sliced
- 4 ounces genoa salami sweet sliced

Equipment

- grill
- panini press

Directions

- Heat the panini press to medium-high heat. For each sandwich: Split a ciabatta portion to create top and bottom halves.
- Spread some pesto inside each bread half. On the bottom half layer on cheese and soppressata. Close the sandwich with the top ciabatta half. Grill two panini at a time, with the lid closed, until the cheese is melted and the ciabatta is toasted, 5 to 7 minutes. Try out these panini recipes on Food Republic: Bacon Crab Melt Panini Recipe A Chicken Cordon Bleu Recipe That You Simply Need To Make
- Turkey Cuban Panini Recipe

Nutrition Facts

PROTEIN 19.96% **FAT 70.13%** **CARBS 9.91%**

Properties

Glycemic Index: 13.75, Glycemic Load: 0.46, Inflammation Score: -6, Nutrition Score: 10.338695515757%

Nutrients (% of daily need)

Calories: 437.51kcal (21.88%), Fat: 33.8g (52%), Saturated Fat: 12.87g (80.42%), Carbohydrates: 10.74g (3.58%), Net Carbohydrates: 10.09g (3.67%), Sugar: 1.58g (1.75%), Cholesterol: 69.67mg (23.22%), Sodium: 1354.65mg (58.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.65g (43.3%), Vitamin B12: 2.09µg (34.78%), Calcium: 339.93mg (33.99%), Phosphorus: 265.64mg (26.56%), Selenium: 16.84µg (24.06%), Vitamin A: 1008.25IU (20.16%), Zinc: 2.85mg (18.98%), Vitamin B1: 0.28mg (18.71%), Vitamin B2: 0.25mg (14.94%), Vitamin B6: 0.18mg (8.85%), Vitamin B3: 1.65mg (8.23%), Iron: 0.8mg (4.43%), Magnesium: 17.58mg (4.39%), Potassium: 150.25mg (4.29%), Vitamin B5: 0.38mg (3.8%), Fiber: 0.65g (2.6%), Copper: 0.05mg (2.58%), Manganese: 0.04mg (1.84%), Vitamin D: 0.23µg (1.51%), Vitamin K: 1.3µg (1.24%), Folate: 4.54µg (1.13%)