

 **49%**  
HEALTH SCORE

# Strawberry and Chocolate Chip Panini

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 serving strawberries sliced
- 1 serving chocolate chips
- 2 slices sourdough bread
- 1 serving olive oil

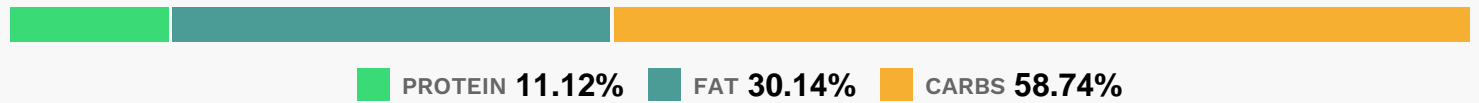
## Equipment

- panini press

## Directions

- Open up the slices of sourdough bread
- Brush it with some olive oil on either side
- Add a layer of strawberries and chocolate chips
- Put it in the panini press!
- Serve it hot with a side of fresh cut berries!

## Nutrition Facts



## Properties

Glycemic Index:120.5, Glycemic Load:54.48, Inflammation Score:-8, Nutrition Score:24.73%

## Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg

## Taste

Sweetness: 100%, Saltiness: 72.71%, Sourness: 63.46%, Bitterness: 15.34%, Savoriness: 11.48%, Fattiness: 37.98%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 523kcal (26.15%), Fat: 17.82g (27.41%), Saturated Fat: 2.81g (17.56%), Carbohydrates: 78.13g (26.04%), Net Carbohydrates: 72.44g (26.34%), Sugar: 13.53g (15.03%), Cholesterol: 0mg (0%), Sodium: 772.28mg (33.58%), Protein: 14.79g (29.58%), Vitamin C: 84.67mg (102.63%), Vitamin B1: 0.94mg (62.89%), Manganese: 1.23mg (61.33%), Selenium: 37.18µg (53.12%), Folate: 192µg (48%), Vitamin B2: 0.58mg (34.01%), Vitamin B3: 6.73mg (33.63%), Iron: 5.67mg (31.52%), Fiber: 5.7g (22.78%), Vitamin E: 2.7mg (18.02%), Phosphorus: 168.96mg (16.9%), Magnesium: 59.68mg (14.92%), Copper: 0.26mg (13.18%), Vitamin K: 12.49µg (11.9%), Potassium: 373.08mg (10.66%), Vitamin B6: 0.2mg (10.23%), Zinc: 1.53mg (10.22%), Calcium: 90.45mg (9.05%), Vitamin B5: 0.61mg (6.08%)