



Strawberry, Banana & Nutella Panini



Vegetarian



Popular

READY IN



17 min.

SERVINGS



4

CALORIES



526 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 banana sliced
- ☐ 2 tablespoons butter melted
- ☐ 0.8 cup nutella chocolate hazelnut spread
- ☐ 8 slices multigrain bread
- ☐ 4 strawberries hulled sliced

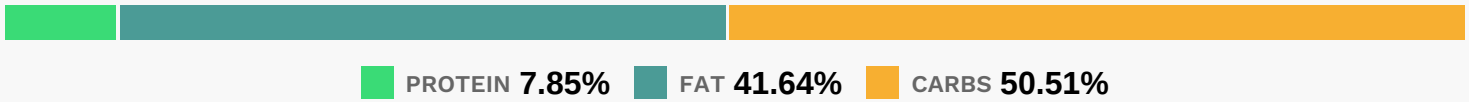
Equipment

- ☐ grill

Directions

☐ Spread 1–2 tablespoons of Nutella inside two slices of bread. Top one slice with strawberries and bananas in a single layer. Close the sandwich and brush melted butter on top.Grill for 2–3 minutes until the sandwich is heated through and the bread is toasted. Slice in half, serve immediately and enjoy!

Nutrition Facts



Properties

Glycemic Index:60.95, Glycemic Load:27.42, Inflammation Score:-5, Nutrition Score:17.21565220667%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 525.71kcal (26.29%), Fat: 24.5g (37.7%), Saturated Fat: 20.02g (125.11%), Carbohydrates: 66.89g (22.3%), Net Carbohydrates: 59.48g (21.63%), Sugar: 37.03g (41.15%), Cholesterol: 15.05mg (5.02%), Sodium: 320.49mg (13.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.94mg (1.31%), Protein: 10.39g (20.79%), Manganese: 1.81mg (90.49%), Fiber: 7.4g (29.62%), Selenium: 16.89µg (24.12%), Iron: 4.02mg (22.36%), Magnesium: 88.79mg (22.2%), Vitamin E: 3.32mg (22.13%), Phosphorus: 215.27mg (21.53%), Copper: 0.42mg (20.96%), Vitamin B1: 0.28mg (18.61%), Calcium: 157.1mg (15.71%), Vitamin B3: 2.97mg (14.83%), Potassium: 494.59mg (14.13%), Vitamin B6: 0.28mg (14.06%), Vitamin B2: 0.22mg (12.66%), Vitamin C: 9.62mg (11.66%), Zinc: 1.65mg (10.99%), Folate: 40.38µg (10.1%), Vitamin B5: 0.71mg (7.06%), Vitamin K: 6.34µg (6.04%), Vitamin A: 198.62IU (3.97%), Vitamin B12: 0.16µg (2.73%)