



Summer Tomato, Mozzarella, and Basil Panini with Balsamic Syrup

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup balsamic vinegar
- 12 large basil
- 12 large basil
- 0.1 teaspoon pepper black freshly ground
- 8 ounce bread cut in half horizontally
- 5 ounces mozzarella fresh thinly sliced
- 1 tablespoon olive oil extra virgin extra-virgin

- 0.3 teaspoon salt
- 2 medium tomatoes thinly sliced

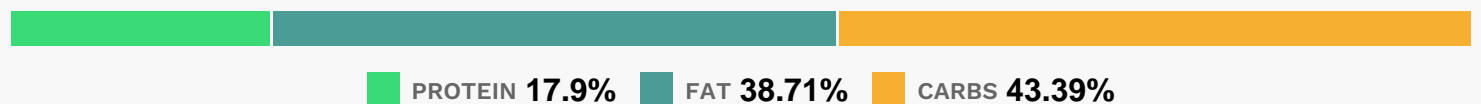
Equipment

- frying pan
- sauce pan
- grill pan

Directions

- Bring balsamic vinegar to a boil in a small saucepan over medium-high heat; cook until reduced to 3 tablespoons (about 8 minutes).
- While vinegar reduces, brush cut side of top half of bread with oil. Top evenly with basil, cheese, and tomatoes.
- Sprinkle evenly with salt and pepper.
- Brush cut side of bottom half of bread with reduced vinegar; place on top of sandwich. Invert sandwich.
- Heat a large grill pan over medium-high heat. Coat the pan with cooking spray.
- Add sandwich to pan.
- Place a cast-iron or heavy skillet on top of sandwich, and gently press to flatten. Leave skillet on; cook 3 minutes on each side or until cheese melts and bread is toasted.
- Cut sandwich into 4 equal pieces.

Nutrition Facts



Properties

Glycemic Index:86.42, Glycemic Load:18.05, Inflammation Score:-7, Nutrition Score:14.602173864841%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 332.43kcal (16.62%), Fat: 14.13g (21.74%), Saturated Fat: 5.56g (34.74%), Carbohydrates: 35.63g (11.88%), Net Carbohydrates: 32.57g (11.84%), Sugar: 10g (11.12%), Cholesterol: 28mg (9.33%), Sodium: 646.3mg (28.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.7g (29.41%), Manganese: 0.83mg (41.71%), Selenium: 22.36µg (31.95%), Calcium: 269.24mg (26.92%), Phosphorus: 220.85mg (22.08%), Vitamin K: 20.62µg (19.64%), Vitamin B3: 3.59mg (17.97%), Vitamin B1: 0.27mg (17.82%), Vitamin A: 879.92IU (17.6%), Folate: 61.54µg (15.39%), Vitamin B2: 0.26mg (15.11%), Iron: 2.7mg (14.98%), Vitamin B12: 0.81µg (13.47%), Fiber: 3.06g (12.24%), Zinc: 1.77mg (11.83%), Vitamin C: 8.97mg (10.87%), Magnesium: 42.57mg (10.64%), Potassium: 296.31mg (8.47%), Copper: 0.14mg (7.13%), Vitamin E: 1.03mg (6.87%), Vitamin B6: 0.13mg (6.46%), Vitamin B5: 0.58mg (5.76%)