



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
- ☐ 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

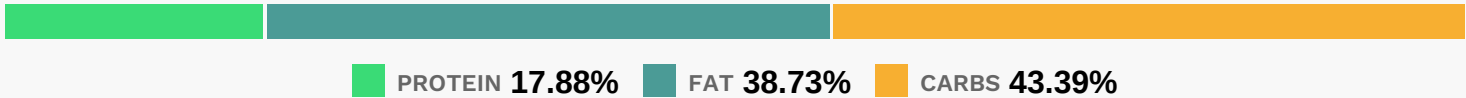
Equipment

- ☐ 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:68.92, Glycemic Load:18.04, Inflammation Score:-7, Nutrition Score:14.225217464178%

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: 332.16kcal (16.61%), Fat: 14.12g (21.73%), Saturated Fat: 5.56g (34.73%), Carbohydrates: 35.6g (11.87%), Net Carbohydrates: 32.56g (11.84%), Sugar: 10g (11.11%), Cholesterol: 28mg (9.33%), Sodium: 646.26mg (28.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.66g (29.33%), Manganese: 0.82mg (41.02%), Selenium: 22.36µg (31.94%), Calcium: 267.11mg (26.71%), Phosphorus: 220.18mg (22.02%), Vitamin B3: 3.58mg (17.92%), Vitamin B1: 0.27mg (17.79%), Vitamin A: 816.62IU (16.33%), Folate: 60.73µg (15.18%), Vitamin B2: 0.26mg (15.05%), Vitamin K: 15.64µg (14.9%), Iron: 2.66mg (14.76%), Vitamin B12: 0.81µg (13.47%), Fiber: 3.04g (12.16%), Zinc: 1.77mg (11.77%), Vitamin C: 8.75mg (10.61%), Magnesium: 41.8mg (10.45%), Potassium: 292.77mg (8.36%), Copper: 0.14mg (6.9%), Vitamin E: 1.02mg (6.81%), Vitamin B6: 0.13mg (6.36%), Vitamin B5: 0.57mg (5.73%)