



Sweet and Savory Paninis

READY IN



95 min.

SERVINGS



6

CALORIES



709 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby arugula
- ☐ 6 ounces cream cheese softened
- ☐ 1 eggs beaten
- ☐ 12 ounces maple-cured ham thinly sliced
- ☐ 1 large nectarines seeded sliced
- ☐ 17.3 ounce puff pastry sheets pepperidge farm®

Equipment

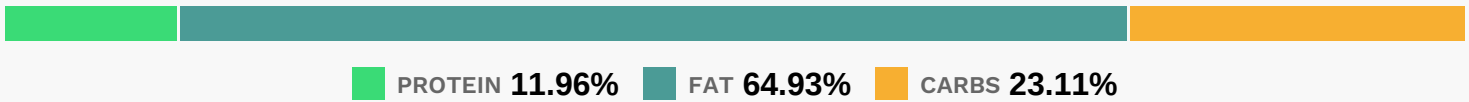
- ☐ baking sheet

- ☐ oven
- ☐ panini press

Directions

- ☐ Thaw the pastry sheets at room temperature for 40 minutes or until they're easy to handle.
- ☐ Unfold 1 pastry sheet onto a lightly floured surface.
- ☐ Roll the pastry sheet into a 15x10-inch rectangle.
- ☐ Cut the pastry rectangle lengthwise into 3 (5x10-inch) rectangles.
- ☐ Brush the pastry rectangles with the egg. Repeat with the remaining pastry sheet.
- ☐ Spread 1 tablespoon cream cheese on the bottom half of each pastry rectangle. Top each with about 3 slices ham,about 2 tablespoons arugula leaves and 2 slices nectarine. Fold the top halves over the filling and press the edges to seal.
- ☐ Place each pastry packet one at a time into a panini maker and close the top. Cook for 6 minutes or until the panini is golden.
- ☐ Remove the panini to a baking sheet and keep warm in a 275 degrees F. oven while the remaining paninis are cooked.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:21.26, Inflammation Score:-6, Nutrition Score:15.513043590214%

Flavonoids

Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg, Cyanidin: 0.55mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 708.86kcal (35.44%), Fat: 51.2g (78.76%), Saturated Fat: 17.23g (107.7%), Carbohydrates: 40.99g (13.66%), Net Carbohydrates: 39.32g (14.3%), Sugar: 3.82g (4.24%), Cholesterol: 91.07mg (30.36%), Sodium: 980.26mg (42.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.23g (42.45%), Selenium: 37.35µg (53.36%), Vitamin

B1: 0.69mg (45.72%), Vitamin B3: 6.27mg (31.34%), Vitamin B2: 0.47mg (27.37%), Phosphorus: 223.73mg (22.37%), Manganese: 0.44mg (21.84%), Folate: 76.25µg (19.06%), Vitamin K: 17.93µg (17.08%), Iron: 2.87mg (15.96%), Zinc: 2.06mg (13.7%), Vitamin B6: 0.27mg (13.49%), Vitamin A: 586.57IU (11.73%), Potassium: 305.92mg (8.74%), Copper: 0.17mg (8.72%), Vitamin B12: 0.49µg (8.18%), Magnesium: 31.19mg (7.8%), Vitamin E: 1.14mg (7.6%), Fiber: 1.67g (6.68%), Vitamin B5: 0.6mg (5.96%), Calcium: 49.6mg (4.96%), Vitamin D: 0.54µg (3.62%), Vitamin C: 1.25mg (1.52%)