



Sweet Apple Fontina Panini

 Vegetarian

READY IN



70 min.

SERVINGS



4

CALORIES



1031 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 apples cored very thin sliced
- 8 slices broiche bread sliced to desired thickness
- 5 eggs beaten
- 4 slices fontina
- 12 sprigs rosemary fresh
- 0.3 tablespoon ground cardamom
- 0.3 cup honey
- 1 lemon zest for garnish

- 2 cups limoncello
- 1 pinch salt
- 0.5 cup sugar
- 4 servings sugar for garnish

Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven
- wire rack
- pot
- baking pan
- panini press

Directions

- Special equipment: shallow baking dish
- Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper and spray with cooking spray.
- In a large bowl, mix the apples, 2 tablespoons honey, cardamom and salt.
- Layer the apple mixture in slightly overlapped rows on the prepared baking sheet.
- Bake for 30 minutes.
- In medium saucepot, combine the Limoncello, sugar, 1/2 cup water, the remaining 1/4 cup honey and rosemary. Bring to a boil over medium-high heat and stir until the sugar is dissolved.
- Remove from the heat and allow to steep for at least 10 minutes. Strain, reserving rosemary, and set aside.
- Brush the insides of each brioche slice with Limoncello syrup. Then layer the fontina and a quarter of the apple mixture. Close the sandwiches and place in the beaten eggs. Soak both

sides of each sandwich.

- Place the sandwiches on a wire rack set over a baking sheet to drain off excess egg.
- Heat a greased griddle or a panini press. Cook the sandwiches until evenly browned on each side. Slice in half and serve with the remaining Limoncello syrup on the side.
- Garnish with a sprinkle of Turbinado sugar, lemon zest and reserved rosemary sprigs. This recipe was created by a contestant during a cooking competition. The Food Network Kitchens have not tested it for home use, therefore, we cannot make any representation as to the results.

Nutrition Facts



PROTEIN 10.3% **FAT 18.93%** **CARBS 70.77%**

Properties

Glycemic Index:61.26, Glycemic Load:47.61, Inflammation Score:-7, Nutrition Score:18.705652195474%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 1031.28kcal (51.56%), Fat: 16.91g (26.02%), Saturated Fat: 7.55g (47.19%), Carbohydrates: 142.25g (47.42%), Net Carbohydrates: 135.29g (49.2%), Sugar: 111.53g (123.93%), Cholesterol: 237.08mg (79.03%), Sodium: 579.85mg (25.21%), Alcohol: 37.87g (100%), Alcohol %: 9.83% (100%), Protein: 20.7g (41.4%), Selenium: 37.4µg (53.43%), Manganese: 0.88mg (43.84%), Vitamin B2: 0.51mg (30.12%), Phosphorus: 299.94mg (29.99%), Fiber: 6.96g (27.83%), Calcium: 271.76mg (27.18%), Folate: 81.54µg (20.38%), Vitamin B1: 0.29mg (19.38%), Iron: 3.45mg (19.17%), Vitamin B3: 3.42mg (17.09%), Zinc: 2.43mg (16.19%), Vitamin B12: 0.96µg (16%), Vitamin B5: 1.56mg (15.55%), Vitamin A: 661.56IU (13.23%), Vitamin B6: 0.26mg (13.15%), Vitamin C: 10.67mg (12.93%), Magnesium: 44.38mg (11.1%), Potassium: 387.93mg (11.08%), Copper: 0.19mg (9.59%), Vitamin D: 1.27µg (8.45%), Vitamin K: 7.64µg (7.28%), Vitamin E: 1.09mg (7.27%)