



Taleggio and Pear Panini

READY IN



20 min.

SERVINGS



4

CALORIES



615 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

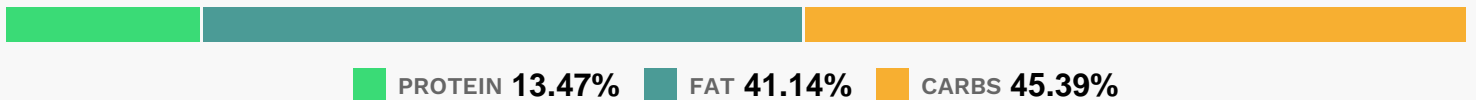
- 3 ounces arugula
- 1 pinch pepper black freshly ground
- 1 pound ciabatta bread (or 8 slices country bread)
- 2 tablespoons honey
- 0.3 cup olive oil
- 2 large peaches cored cut into 1/4-inch wedges
- 1 pinch salt
- 8 ounces taleggio cheese sliced

Equipment

Directions

- Preheat the panini machine.
- Cut the ciabatta loaf into 4 equal pieces. Halve each piece horizontally to make 4 sandwiches.
- Brush the bread on both sides with olive oil and place the bottom-half of the bread slices in the panini machine in a single layer.
- Heat until golden, about 3 to 4 minutes. Continue with the remaining top slices of bread.
- While the top slices of the bread are in the Panini machine, begin forming the sandwiches. Divide the cheese among the warm bread. Cover the cheese with slices of fruit.
- Drizzle the fruit with honey.
- Sprinkle with salt and pepper. Top with a handful of arugula.
- Place the warmed top half of the bread over the arugula and return the competed sandwich to the panini machine for 1 to 2 minutes more to finish melting the cheese.
- Remove from the panini machine.
- Cut the sandwiches in half and serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.13, Glycemic Load:7.64, Inflammation Score:-9, Nutrition Score:13.768695551416%

Flavonoids

Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 614.8kcal (30.74%), Fat: 28.79g (44.29%), Saturated Fat: 12.47g (77.96%), Carbohydrates: 71.46g (23.82%), Net Carbohydrates: 68.41g (24.87%), Sugar: 16.05g (17.83%), Cholesterol: 44.79mg (14.93%), Sodium: 1262.69mg (54.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.2g (42.41%), Vitamin K: 113.49µg (108.08%), Vitamin A: 3384.77IU (67.7%), Calcium: 331.61mg (33.16%), Vitamin E: 3.01mg (20.1%), Manganese: 0.26mg (12.79%), Fiber: 3.06g (12.22%), Folate: 46.71µg (11.68%), Vitamin C: 9.61mg (11.65%), Potassium: 231.32mg (6.61%), Magnesium: 24.05mg (6.01%), Iron: 1mg (5.53%), Copper: 0.1mg (5%), Vitamin B3: 0.87mg (4.36%), Vitamin B2: 0.07mg (4.2%), Vitamin B6: 0.07mg (3.3%), Selenium: 2.14µg (3.05%), Phosphorus: 30.13mg (3.01%), Vitamin B1: 0.04mg (2.51%), Zinc: 0.34mg (2.25%), Vitamin B5: 0.16mg (1.55%)