



Truffle Goat Cheese & Bell Pepper Breakfast Panini

 Vegetarian

READY IN



16 min.

SERVINGS



4

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 ounces baby arugula leaves fresh packed
- ☐ 0.3 teaspoon pepper black freshly ground to taste
- ☐ 2 large ciabatta rolls split
- ☐ 4 large eggs
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 5 ounces goat cheese with truffles soft
- ☐ 3 ounces part-skim mozzarella cheese shredded

- ☐ 2 bell peppers red cut into thin strips
- ☐ 0.3 teaspoon sea salt to taste

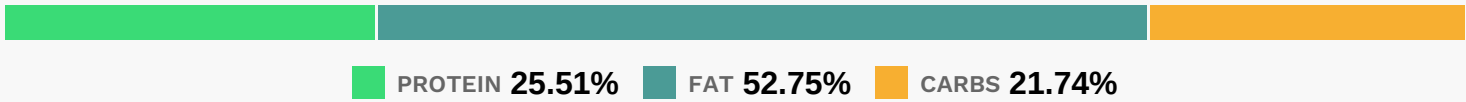
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill pan
- ☐ serrated knife
- ☐ panini press

Directions

- ☐ Preheat panini grill, or place grill pan over medium-high heat.
- ☐ Combine goat cheese and mozzarella in a medium bowl; set aside.
- ☐ Heat oil in a large nonstick skillet over medium heat. Gently break eggs into hot skillet; sprinkle with salt and pepper. Cook 2 minutes on each side or until desired degree of doneness.
- ☐ Spread reserved cheese mixture on 1 side of 2 bread slices, and top with bell pepper and eggs. (You will have 2 eggs per sandwich.) Top with arugula and remaining bread slices.
- ☐ Place sandwiches on panini grill or grill pan; cook 3 to 4 minutes or until golden.
- ☐ Let stand 3 minutes.
- ☐ Cut each sandwich in half with a serrated knife.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.83, Inflammation Score:-9, Nutrition Score:19.264347988626%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 3.72mg, Kaempferol: 3.72mg, Kaempferol: 3.72mg, Kaempferol: 3.72mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 332.56kcal (16.63%), Fat: 19.56g (30.09%), Saturated Fat: 9.52g (59.51%), Carbohydrates: 18.14g (6.05%), Net Carbohydrates: 16.38g (5.96%), Sugar: 3.46g (3.84%), Cholesterol: 215.91mg (71.97%), Sodium: 620.91mg (27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.28g (42.55%), Vitamin C: 77.75mg (94.25%), Vitamin A: 2854.24IU (57.08%), Phosphorus: 309.36mg (30.94%), Vitamin B2: 0.49mg (28.68%), Selenium: 19.5µg (27.86%), Calcium: 265.74mg (26.57%), Vitamin B6: 0.37mg (18.49%), Vitamin K: 17.94µg (17.09%), Folate: 67.37µg (16.84%), Copper: 0.32mg (16.03%), Vitamin E: 2.11mg (14.06%), Vitamin B5: 1.26mg (12.61%), Zinc: 1.76mg (11.72%), Vitamin B12: 0.69µg (11.44%), Iron: 2.04mg (11.33%), Manganese: 0.17mg (8.43%), Vitamin D: 1.21µg (8.04%), Potassium: 262.57mg (7.5%), Magnesium: 28.91mg (7.23%), Fiber: 1.76g (7.04%), Vitamin B1: 0.09mg (5.71%), Vitamin B3: 0.83mg (4.14%)