



VELVEETA® Sweet & Cheesy Panini

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 tsp butter softened
- 24 slices oscar mayer deli bold brown sugar ham fresh
- 1 apples i use 2 granny smith apples thinly sliced
- 2 tsp powdered sugar
- 4 oz velveeta cut into 8 slices
- 8 slices bread white

Equipment

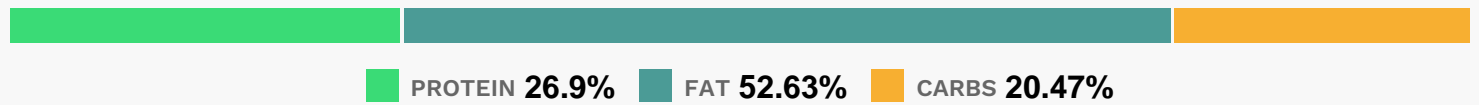
- grill

panini press

Directions

- Heat panini grill to medium heat.
- Fill bread slices with VELVEETA, ham and apples to make 4 sandwiches.
- Spread outsides of sandwiches with butter.
- Grill 5 min. or until golden brown.
- Sprinkle with sugar.

Nutrition Facts



Properties

Glycemic Index:10.68, Glycemic Load:7.68, Inflammation Score:-3, Nutrition Score:10.033478256153%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 280.91kcal (14.05%), Fat: 16.25g (25%), Saturated Fat: 5.62g (35.13%), Carbohydrates: 14.22g (4.74%), Net Carbohydrates: 13.33g (4.85%), Sugar: 4.41g (4.9%), Cholesterol: 46.43mg (15.48%), Sodium: 1108.56mg (48.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.68g (37.37%), Vitamin B1: 0.51mg (33.92%), Phosphorus: 285.39mg (28.54%), Selenium: 19.9µg (28.42%), Vitamin B3: 3.97mg (19.84%), Vitamin B2: 0.28mg (16.26%), Vitamin B6: 0.28mg (14.08%), Zinc: 2.02mg (13.5%), Calcium: 114.22mg (11.42%), Potassium: 275.78mg (7.88%), Vitamin B12: 0.43µg (7.23%), Iron: 1.29mg (7.19%), Manganese: 0.13mg (6.71%), Folate: 24.8µg (6.2%), Vitamin A: 255.88IU (5.12%), Magnesium: 19.19mg (4.8%), Vitamin B5: 0.43mg (4.29%), Copper: 0.09mg (4.28%), Fiber: 0.9g (3.59%), Vitamin D: 0.47µg (3.14%), Vitamin E: 0.44mg (2.9%), Vitamin C: 0.86mg (1.04%)