



Venetian Panino

READY IN



28 min.

SERVINGS



12

CALORIES



363 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter at room temperature
- ☐ 2 tablespoons dijon mustard
- ☐ 1 garlic clove chopped
- ☐ 8 ounces gruyere cheese shredded
- ☐ 6 tablespoons olive oil
- ☐ 12 slices sourdough bread
- ☐ 12 ounces turkey sliced

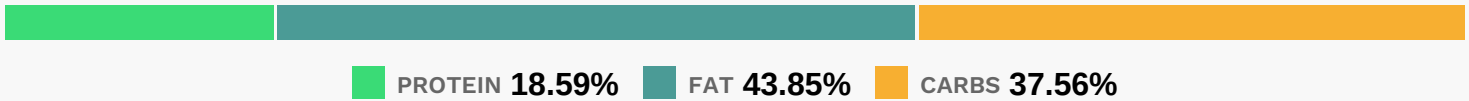
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Into a food processor, add the cheese, butter, mustard, and garlic. Blend until the mixture is thick, smooth and spreadable.
- ☐ Spread the cheese mixture over 1 side of each bread slice. Arrange the turkey slices over the cheese mixture on 6 of the bread slices. Top sandwiches with the remaining bread slices, cheese mixture side down, pressing gently to adhere.
- ☐ Cut the sandwiches in half.
- ☐ Heat 3 tablespoons of oil in a heavy skillet over medium-low heat. Cook half of the sandwiches until golden brown and heated through, about 4 minutes per side.
- ☐ Transfer to a serving platter and tent with foil to keep them warm. Repeat with remaining 3 tablespoons of oil and sandwiches.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.04, Glycemic Load:25.64, Inflammation Score:-5, Nutrition Score:12.901739130202%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 362.69kcal (18.13%), Fat: 17.7g (27.23%), Saturated Fat: 6.34g (39.62%), Carbohydrates: 34.12g (11.37%), Net Carbohydrates: 32.6g (11.86%), Sugar: 3.32g (3.69%), Cholesterol: 39.7mg (13.23%), Sodium: 817.49mg (35.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.88g (33.76%), Selenium: 25.64µg (36.63%), Vitamin B1: 0.48mg (32.12%), Vitamin B3: 5.15mg (25.74%), Phosphorus: 255.78mg (25.58%), Calcium: 230.79mg (23.08%), Vitamin B2: 0.37mg (21.76%), Folate: 82µg (20.5%), Manganese: 0.36mg (17.84%), Iron: 2.74mg (15.21%), Zinc:

1.69mg (11.27%), Vitamin B6: 0.2mg (10.25%), Vitamin E: 1.3mg (8.64%), Magnesium: 33.98mg (8.49%), Vitamin B12: 0.41µg (6.85%), Fiber: 1.52g (6.08%), Potassium: 200.75mg (5.74%), Copper: 0.11mg (5.64%), Vitamin K: 5.38µg (5.12%), Vitamin A: 239.28IU (4.79%), Vitamin B5: 0.42mg (4.17%), Vitamin D: 0.17µg (1.13%)