



Wild Mushroom Melt Panini



Vegetarian



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 4 tablespoons butter room temperature
- ☐ 4 servings coarse salt and pepper black
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 2.5 cups mushrooms wild such as shiitake, chanterelle or porcini sliced
- ☐ 8 slices cocktail rye bread sliced

- ☐ 0.3 cup shallots thinly sliced
- ☐ 0.5 pound swiss cheese sliced

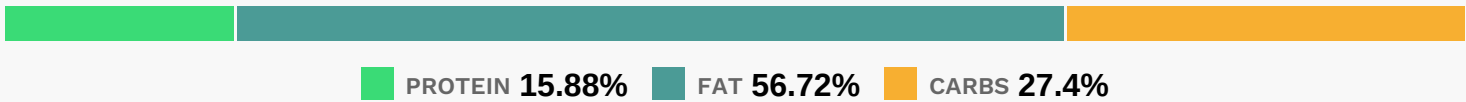
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat the olive oil and butter in a large skillet over medium heat until the butter is melted.
- ☐ Add the shallots and garlic and cook them, stirring frequently, until they're fragrant, about a minute.
- ☐ Add in the mushrooms, cooking and stirring occasionally until the mushrooms are tender, 5 to 7 minutes. Stir in the balsamic vinegar and parsley and season with salt and pepper to taste.
- ☐ Remove the skillet from the heat and set it aside.
- ☐ Spread butter on two slices of bread to flavor the outside of the sandwich. Flip over one slice and top the other side with cheese, sautéed mushrooms and more cheese. Close the sandwich with the other slice of bread, buttered side up.Grill the panini, two at a time, until the cheese is melted and the bread is toasted, 4 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:67.83, Glycemic Load:15.55, Inflammation Score:-7, Nutrition Score:21.420869702878%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 549.49kcal (27.47%), Fat: 34.75g (53.46%), Saturated Fat: 18.4g (115.03%), Carbohydrates: 37.78g (12.59%), Net Carbohydrates: 32.25g (11.73%), Sugar: 4.65g (5.17%), Cholesterol: 82.83mg (27.61%), Sodium:

781.24mg (33.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.89g (43.77%), Calcium: 570.57mg (57.06%), Selenium: 38.12µg (54.45%), Phosphorus: 440.56mg (44.06%), Manganese: 0.7mg (35.12%), Vitamin B12: 1.74µg (28.94%), Vitamin B2: 0.47mg (27.59%), Zinc: 3.55mg (23.67%), Fiber: 5.53g (22.13%), Folate: 83.19µg (20.8%), Vitamin K: 21.19µg (20.18%), Vitamin B1: 0.3mg (20.17%), Vitamin B3: 3.9mg (19.52%), Iron: 3.37mg (18.74%), Vitamin A: 909.91IU (18.2%), Copper: 0.28mg (14.25%), Magnesium: 53.44mg (13.36%), Vitamin D: 1.79µg (11.93%), Potassium: 386.13mg (11.03%), Vitamin B5: 0.96mg (9.59%), Vitamin E: 1.39mg (9.3%), Vitamin B6: 0.17mg (8.67%), Vitamin C: 3.24mg (3.92%)