

Zucchini Blossom and Fontina Panini

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon kosher salt
- 8 ounces fontina grated
- 3 tablespoons olive oil extra virgin extra-virgin for brushing
- 24 inch bread crumbs country-style
- 0.1 teaspoon pepper white freshly ground
- 3 ounces zucchini

Equipment

- frying pan

panini press

Directions

- Gently rinse and dry zucchini blossoms.
- Heat 3 tablespoons oil in large nonstick skillet over medium-high heat.
- Add blossoms and sauté until beginning to brown in spots, turning often, about 2 minutes.
- Sprinkle with 1/4 teaspoon fleur de sel and 1/8 teaspoon white pepper.
- Transfer blossoms to paper towels and gently blot off excess oil.
- Place 4 bread slices on work surface.
- Sprinkle 1/2 cup Fontina on each slice. Top each with 5 blossoms. Top with remaining 4 bread slices; press down to compact. Lightly brush both sides of bread with oil.
- If using panini grill, cook each sandwich until golden brown, about 7 minutes. If using nonstick skillet, heat skillet over medium heat; add sandwiches to skillet, then top with second heavy skillet to weigh down. Grill sandwiches until golden brown and cheese melts, about 4 minutes per side.

Nutrition Facts

PROTEIN 15.84% **FAT 74.73%** **CARBS 9.43%**

Properties

Glycemic Index: 10.5, Glycemic Load: 0.3, Inflammation Score: -4, Nutrition Score: 7.6756521929865%

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, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 402.22kcal (20.11%), Fat: 33.58g (51.67%), Saturated Fat: 15.28g (95.5%), Carbohydrates: 9.54g (3.18%), Net Carbohydrates: 8.78g (3.19%), Sugar: 6.12g (6.8%), Cholesterol: 65.77mg (21.92%), Sodium: 657.39mg (28.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.01g (32.03%), Calcium: 315.61mg (31.56%), Phosphorus: 210.01mg (21%), Vitamin B12: 0.95µg (15.88%), Zinc: 2.08mg (13.89%), Selenium: 8.27µg (11.81%), Vitamin E: 1.69mg (11.27%), Vitamin A: 560.19IU (11.2%), Vitamin B2: 0.15mg (8.79%), Vitamin K: 8.71µg (8.29%), Vitamin C: 3.82mg (4.63%), Folate: 18.11µg (4.53%), Vitamin B3: 0.87mg (4.33%), Vitamin B6: 0.08mg (4.09%), Magnesium: 14.42mg (3.6%), Potassium: 125.03mg (3.57%), Iron: 0.6mg (3.32%), Fiber: 0.76g (3.05%), Vitamin B5: 0.29mg (2.87%),

Vitamin B1: 0.04mg (2.85%), Manganese: 0.05mg (2.43%), Vitamin D: 0.34µg (2.27%), Copper: 0.03mg (1.31%)