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Provolone and Broccoli Rabe Panini

A delicious panini recipe made with provolone cheese and broccoli rabe. This panini is perfect for a quick and easy lunch or dinner. The combination of the melted cheese and the slightly bitter taste of the broccoli rabe creates a flavorful and satisfying sandwich.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

100 g	provolone cheese
100 g	broccoli rabe
4 slices	bread
2 tbsp	Olive oil

2 cloves	garlic
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1 tsp	Salt
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1 tsp	Pepper
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Directions

Step 1

Preheating

Preheat a panini press or grill pan.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Sautéing

Heat olive oil in a pan over medium heat. Add garlic and sauté until fragrant.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Cooking

Add broccoli rabe to the pan and cook until wilted. Season with salt and pepper.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Assembly

Assemble the panini by layering provolone cheese and cooked broccoli rabe between two slices of bread.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Grilling

Place the assembled panini in the preheated panini press or grill pan. Cook until the bread is toasted and the cheese is melted.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Cutting

Remove the panini from the press or pan and cut in half. Serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 15 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	10 mg	0.29%	0.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian French American Middle Eastern

Kitchen Tools

Slow Cooker Blender Oven

Nutritional Content

Low Calorie

Diet

Anti-Inflammatory Diet

Course

Snacks Salads Side Dishes

Cooking Method

Boiling Steaming Cutting Cut Serving Cooking None Stir-frying

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

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