



# ROAST BEEF, CARAMELIZED ONION & GOAT CHEESE PANINI

Recipe Nutrition Summary  
Source: Custom

Yield: 4 (1.000 item(s))  
No. Ingredients: 8

Category: Basic Food  
Manufacturer: (None)

## Ingredients

1.000 T. Olive Oil  
1.000 item Onions, Chopped  
1.500 t. MRS. DASH Italian Medley Seasoning  
1.000 T. STAR Balsamic Vinegar  
4.000 oz. Goat Cheese, Semisoft  
4.000 oz. PHILADELPHIA BRAND LIGHT Cream Cheese  
8.000 sl. Cobblestone Mill New York Style Jewish Rye Bread  
0.750 lb. HILLSHIRE FARM DELI SELECT Oven Roasted Cured Beef

## Macronutrients

Kilocalories	447.959	kcal
Protein	31.491	g
Carbohydrate	36.306	g
Fat, Total	19.341	g
Alcohol	0.000	g
Cholesterol	65.527	mg
Saturated Fat	8.987	g
Monounsaturated Fat	4.396	g
Polyunsaturated Fat	0.561	g
Trans Fatty Acid	0.000	g
Sugar, Total		g
Dietary Fiber, Total	2.468	g
Sugar, Total	6.904	g

## Percentage of Kcals

Protein	28.3%
Carbohydrate	32.6%
Fat, total	39.1%
Alcohol	0.0%

## Vitamins & Minerals

Sodium	1610.543	mg
Potassium	148.703	mg
Vitamin A (RE)	184.529	RE
Vitamin C	5.616	mg
Calcium	126.279	mg
Iron	2.685	mg
Vitamin E (mg)	0.266	mg
Thiamin	0.038	mg
Riboflavin	0.229	mg
Niacin	0.386	mg
Pyridoxine (Vitamin B6)	0.064	mg
Folate (Total)	9.531	µg
Cobalamin (Vitamin B12)	0.062	µg
Biotin	0.306	µg
Pantothenic Acid	0.088	mg
Vitamin K	2.851	µg
Phosphorus	149.724	mg
Magnesium	10.972	mg
Zinc	0.234	mg
Copper	0.176	mg
Manganese	0.062	mg
Selenium	1.215	µg
Chromium	0.005	mg
Molybdenum	1.288	µg

## Instructions