

# Cheddar Cheese Panini

Allergens – **Gluten**, **Milk**

## Ingredients

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Quantity	Ingredient
20	<b>Panini Bread</b> (contains <b>Gluten</b> , <b>Milk</b> )
1.2 Kg	<b>Mild Cheddar Cheese</b>



Vegetable and accompaniment is provided based on the current menu

## Method

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1. Defrost Panini breads at room temperature for 1 to 2 hours.
2. Cut open Panini length wise creating a pocket.
3. Fill the Panini with the cheese filling – 60g.
4. Wrap in a Burger wrap (printed side outwards) and place on a baking tray.
5. Bake in a pre-heated oven at 200°C, 400°F, Gas Mark 5 for 10 minutes approx.
6. Ensure the filling reaches the required temperature throughout before serving.

### Nutritional Content per 100g Cheese

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (mg)	Carbs (g)
= 416	= 34.9	= 21.7	= 0.1	= 1.81	= 0.1

**Portion size** - 60g cheese filling. 1 Panini bread @ 100g = **44.1g Carbs**

Reviewed April 2018