



7 Ways to Lighten Up Sandwiches (Turkey, Prosciutto & Avocado Panini)



Dairy Free



Popular

READY IN



18 min.

SERVINGS



4

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium avocado
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 0.5 teaspoon coarse salt
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 4 slices pancetta
- ☐ 8 slices rustic grain bread whole
- ☐ 0.5 pound turkey breast sliced

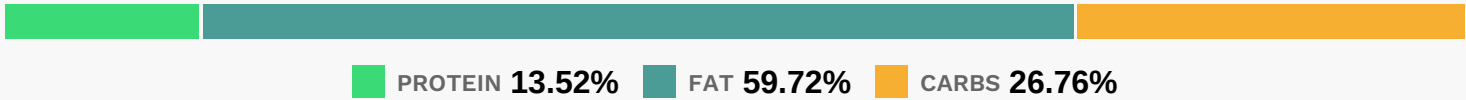
Equipment

☐ grill

Directions

- ☐ Spread a few teaspoons of the avocado spread on two slices of bread.
- ☐ Layer 1/4 of the turkey breast and a slice of prosciutto on one slice of bread. Close the sandwich with a second slice of bread.Grill the panini until the bread is toasted, 3 to 4 minutes.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:10.385652231134%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 398.91kcal (19.95%), Fat: 26.85g (41.31%), Saturated Fat: 10.33g (64.58%), Carbohydrates: 27.07g (9.02%), Net Carbohydrates: 22.26g (8.1%), Sugar: 13.4g (14.89%), Cholesterol: 33.06mg (11.02%), Sodium: 1004.81mg (43.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.68g (27.36%), Vitamin B3: 7.06mg (35.31%), Phosphorus: 194.41mg (19.44%), Vitamin B6: 0.39mg (19.39%), Fiber: 4.81g (19.23%), Folate: 69.74µg (17.43%), Potassium: 565.75mg (16.16%), Selenium: 9.19µg (13.13%), Vitamin B2: 0.19mg (11.28%), Vitamin K: 10.6µg (10.1%), Vitamin C: 7.98mg (9.67%), Vitamin B5: 0.92mg (9.23%), Vitamin B1: 0.14mg (9.02%), Magnesium: 33.66mg (8.41%), Vitamin E: 1.18mg (7.85%), Iron: 1.4mg (7.78%), Zinc: 1.03mg (6.9%), Copper: 0.11mg (5.71%), Vitamin B12: 0.25µg (4.16%), Manganese: 0.08mg (4.13%), Vitamin A: 102.78IU (2.06%), Calcium: 15.09mg (1.51%)