



Alfredo Florentine Chicken Panini

READY IN



20 min.

SERVINGS



5

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup tightly baby spinach leaves fresh packed chopped
- 10 slices calabrese bread italian (1/) (crusty bread)
- 0.5 cup cheese italiano cheese shredded kraft
- 270 g philadelphia original cooking creme divided
- 2 teaspoons olive oil
- 2 cups meat from a rotisserie chicken shredded cooked

Equipment

- frying pan

- grill
- panini press

Directions

- Heat panini grill.
- Reserve 1/3 cup Cooking Creme.
- Heat oil in large skillet on medium heat.
- Add spinach; cook and stir 1 to 2 min. or just until wilted.
- Add remaining Cooking Creme, chicken and shredded cheese; cook and stir 5 min. or until chicken mixture is heated through and cheese is melted.
- Spread chicken mixture onto 5 bread slices; cover with remaining bread slices.
- Spread outsides of sandwiches with reserved Cooking Creme.
- Spray grill with cooking spray.
- Add sandwiches, in batches; cook 2 min. or until golden brown.

Nutrition Facts

PROTEIN 19.85% **FAT 51.89%** **CARBS 28.26%**

Properties

Glycemic Index:11.8, Glycemic Load:0.1, Inflammation Score:-5, Nutrition Score:9.8704347584559%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 405.89kcal (20.29%), Fat: 23.3g (35.84%), Saturated Fat: 11.09g (69.3%), Carbohydrates: 28.56g (9.52%), Net Carbohydrates: 27.02g (9.83%), Sugar: 19.6g (21.78%), Cholesterol: 53.3mg (17.77%), Sodium: 275.55mg (11.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.05g (40.1%), Vitamin B3: 6.26mg (31.31%), Vitamin K: 30.21µg (28.78%), Selenium: 17.03µg (24.33%), Phosphorus: 177.01mg (17.7%), Vitamin A: 698.81IU (13.98%), Vitamin B6: 0.25mg (12.45%), Vitamin B2: 0.18mg (10.56%), Folate: 42.01µg (10.5%), Iron: 1.73mg (9.63%), Calcium: 95.27mg (9.53%), Zinc: 1.42mg (9.44%), Potassium: 257.78mg (7.37%), Magnesium: 26.89mg (6.72%), Vitamin B1: 0.1mg (6.58%), Fiber: 1.53g (6.13%), Vitamin B5: 0.59mg (5.95%), Vitamin B12: 0.28µg (4.7%), Manganese: 0.07mg

(3.57%), Vitamin E: 0.44mg (2.91%), Copper: 0.05mg (2.39%), Vitamin C: 1.69mg (2.04%)