



Alfredo Florentine Chicken Panini

 Gluten Free

READY IN



20 min.

SERVINGS



5

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup tightly baby spinach leaves fresh packed chopped
- ☐ 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

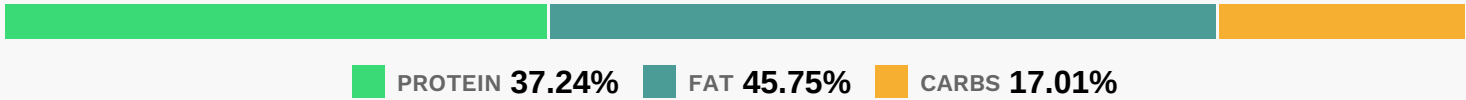
- ☐ frying pan
- ☐ grill

☐ 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



Properties

Glycemic Index:11.8, Glycemic Load:0.1, Inflammation Score:-5, Nutrition Score:8.2352172473203%

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: 182.69kcal (9.13%), Fat: 9.18g (14.12%), Saturated Fat: 3.41g (21.3%), Carbohydrates: 7.68g (2.56%), Net Carbohydrates: 7.54g (2.74%), Sugar: 7.24g (8.05%), Cholesterol: 53.3mg (17.77%), Sodium: 127.15mg (5.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.81g (33.62%), Vitamin K: 30.21µg (28.78%), Selenium: 17.03µg (24.33%), Vitamin B3: 4.46mg (22.31%), Phosphorus: 162.21mg (16.22%), Vitamin A: 698.81IU (13.98%), Vitamin B6: 0.25mg (12.45%), Calcium: 95.27mg (9.53%), Zinc: 1.34mg (8.9%), Vitamin B2: 0.14mg (8.44%), Vitamin B5: 0.59mg (5.95%), Magnesium: 20.09mg (5.02%), Iron: 0.89mg (4.97%), Potassium: 170.98mg (4.89%), Vitamin B12: 0.28µg (4.7%), Folate: 16.81µg (4.2%), Manganese: 0.07mg (3.57%), Vitamin E: 0.44mg (2.91%), Vitamin B1: 0.04mg (2.85%), Copper: 0.05mg (2.39%), Vitamin C: 1.69mg (2.04%)