



Barbecued Turkey and Cheese Panini

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup barbecue sauce
- ☐ 3 oz colby-monterey jack cheese
- ☐ 0.5 pound deli roasted smoked thinly sliced
- ☐ 11 ounce country loaf refrigerated french italian pillsbury® canned
- ☐ 8 slices onion red thinly sliced

Equipment

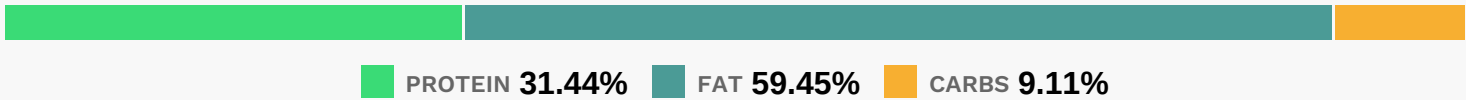
- ☐ grill
- ☐ cutting board

☐ panini press

Directions

- ☐ Heat closed contact grill or panini maker 5 minutes.
- ☐ Meanwhile, on cutting board, carefully unroll dough.
- ☐ Cut into 8 rectangles.
- ☐ Place 2 rectangles on grill; close grill. Cook 1 to 2 minutes or until lightly browned.
- ☐ Remove from grill. Repeat with remaining rectangles.
- ☐ Spread 1 tablespoon barbecue sauce on each of 4 rectangles.
- ☐ Layer turkey, onion and cheese over sauce. Top with remaining rectangles.
- ☐ Place 2 sandwiches on grill; close grill. Cook 2 to 3 minutes or until golden brown and cheese is melted. Repeat with remaining sandwiches. If desired, serve with mayonnaise or mustard.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:0.62, Inflammation Score:-4, Nutrition Score:15.749565184116%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 448.48kcal (22.42%), Fat: 29.17g (44.87%), Saturated Fat: 12.13g (75.83%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 9.42g (3.42%), Sugar: 7.23g (8.03%), Cholesterol: 102.41mg (34.14%), Sodium: 1911.22mg (83.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.71g (69.42%), Vitamin B1: 0.83mg (55.3%), Selenium: 34.02µg (48.6%), Phosphorus: 394.27mg (39.43%), Vitamin B3: 6.17mg (30.83%), Vitamin B6: 0.58mg (28.78%), Zinc: 3.84mg (25.6%), Vitamin B2: 0.4mg (23.42%), Calcium: 180.38mg (18.04%), Vitamin B12: 1.04µg (17.31%), Potassium: 484.7mg (13.85%), Magnesium: 36.45mg (9.11%), Iron: 1.5mg (8.32%), Vitamin B5: 0.72mg (7.24%), Vitamin D: 1.07µg (7.13%), Copper: 0.14mg (7.12%), Vitamin E: 0.69mg (4.59%), Vitamin A: 204.11IU (4.08%), Manganese: 0.08mg (3.99%), Folate: 13.54µg (3.39%), Vitamin C: 2.18mg (2.64%), Fiber: 0.64g (2.55%)