



Big Game Week: Turkey, Bacon and Swiss Panini

♥♥ Popular

READY IN



25 min.

SERVINGS



4

CALORIES



886 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 fillet anchovy
- ☐ 4 tablespoons butter at room temperature
- ☐ 0.3 cup chives chopped
- ☐ 8 strips bacon cooked
- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup parsley chopped

- ☐ 8 slices sourdough bread
- ☐ 4 ounces swiss cheese sliced
- ☐ 8 ounces turkey breast sliced
- ☐ 1 teaspoon citrus champagne vinegar

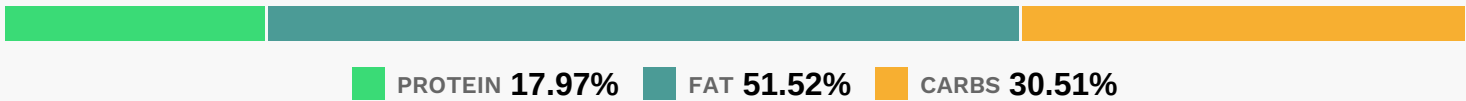
Equipment

- ☐ food processor
- ☐ grill

Directions

- ☐ Mix all of the mayonnaise ingredients in a food processor until the herbs are finely chopped and the ingredients are combined and smooth.
- ☐ Spread butter on two slices of bread to flavor the outside of the sandwich. Flip over one slice of bread and top it with a few spoonfuls of Green Goddess mayonnaise, turkey, bacon and cheese. Close the sandwich with the other slice of bread, buttered side up.Grill two panini at a time, with the lid closed, until the cheese is melted and the bread is toasted, 4 to 5 minutes. Store any remaining mayonnaise covered in the refrigerator for up to 2 days.

Nutrition Facts



Properties

Glycemic Index:71.13, Glycemic Load:51.46, Inflammation Score:-8, Nutrition Score:33.54304345276%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 886.42kcal (44.32%), Fat: 50.84g (78.22%), Saturated Fat: 18.41g (115.09%), Carbohydrates: 67.72g (22.57%), Net Carbohydrates: 64.71g (23.53%), Sugar: 6.22g (6.91%), Cholesterol: 115.28mg (38.43%), Sodium: 1479.75mg (64.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.9g (79.81%), Vitamin K: 114.74µg (109.28%), Selenium: 67.3µg (96.14%), Vitamin B1: 1.03mg (68.65%), Vitamin B3: 13.71mg (68.53%), Phosphorus: 507.82mg (50.78%), Vitamin B2: 0.77mg (45.36%), Folate: 174.45µg (43.61%), Manganese: 0.7mg (34.92%), Vitamin B6: 0.69mg (34.67%), Calcium: 343.26mg (34.33%), Iron: 5.87mg (32.63%), Zinc: 3.92mg (26.16%), Vitamin B12: 1.45µg (24.19%), Vitamin A: 1045.92IU (20.92%), Magnesium: 73.47mg (18.37%), Copper: 0.27mg (13.57%), Vitamin B5: 1.26mg (12.62%), Potassium: 429.68mg (12.28%), Vitamin E: 1.82mg (12.16%), Fiber: 3.01g (12.02%), Vitamin C: 6.93mg (8.4%), Vitamin D: 0.18µg (1.18%)