



Buffalo Chicken Panini

READY IN



35 min.

SERVINGS



8

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 lb chicken breast boneless skinless cut into 1/2-inch strips (3)
- ☐ 0.5 cup sauce of the chicken from the turbo broiler (from 12-oz bottle)
- ☐ 1 tablespoon butter
- ☐ 0.5 large onion red sliced into thin rings
- ☐ 1 teaspoon sugar
- ☐ 4 2-inch wholewheat pita breads (6 1/ diameter)
- ☐ 0.3 cup cheese blue crumbled

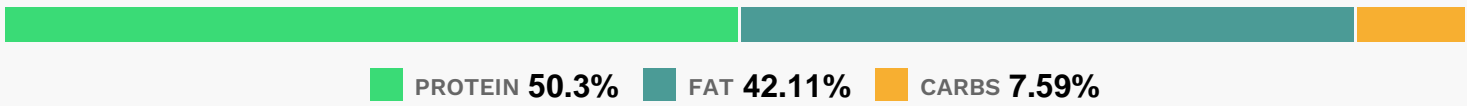
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ grill
- ☐ microwave
- ☐ slotted spoon

Directions

- ☐ In 2- quart saucepan, heat chicken and Buffalo wing sauce to boiling over medium-high heat. Reduce heat to low; cover. Simmer 5 to 7 minutes or until chicken is cooked through.
- ☐ Meanwhile, in 10-inch nonstick skillet, melt butter over medium heat.
- ☐ Add onion; cook, stirring frequently, 4 to 6 minutes or until starting to brown. Stir in sugar; reduce heat to low and cook, stirring frequently, 6 minutes longer or until onion is caramelized. Set aside.
- ☐ Heat closed contact grill 5 minutes.
- ☐ Meanwhile, microwave each pita covered with damp paper towel on High 20 to 25 seconds or until soft enough to fold without breaking.
- ☐ Lay pitas flat on work surface.
- ☐ Place one-fourth of the caramelized onion on half of each pita. Using slotted spoon, spoon about 1/3 cup chicken over onion. (Reserve liquid in saucepan to serve with Panini).
- ☐ Sprinkle with 1 tablespoon of the cheese. Carefully fold pita over filling. Repeat with remaining pitas.
- ☐ When grill is heated, place sandwich on grill. Close grill; grill 4 to 5 minutes or until cheese is melted and pita is toasted.
- ☐ Serve panini with reserved sauce.

Nutrition Facts



Properties

Glycemic Index:33.89, Glycemic Load:0.78, Inflammation Score:-1, Nutrition Score:4.7026087006797%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 81.97kcal (4.1%), Fat: 3.75g (5.76%), Saturated Fat: 1.93g (12.08%), Carbohydrates: 1.52g (0.51%), Net Carbohydrates: 1.39g (0.51%), Sugar: 0.81g (0.9%), Cholesterol: 34.14mg (11.38%), Sodium: 571.96mg (24.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.07g (20.13%), Vitamin B3: 4.5mg (22.49%), Selenium: 14.27µg (20.39%), Vitamin B6: 0.33mg (16.7%), Phosphorus: 108.53mg (10.85%), Vitamin B5: 0.69mg (6.91%), Potassium: 179.21mg (5.12%), Vitamin B2: 0.06mg (3.63%), Magnesium: 12.88mg (3.22%), Calcium: 26.84mg (2.68%), Zinc: 0.38mg (2.51%), Vitamin B12: 0.14µg (2.32%), Vitamin B1: 0.03mg (2.2%), Vitamin A: 88.82IU (1.78%), Vitamin C: 1.02mg (1.24%), Folate: 4.7µg (1.17%), Iron: 0.19mg (1.07%)