



Buffalo Chicken Panini

READY IN



36 min.

SERVINGS



4

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces cheese blue crumbled
- ☐ 1 pound chicken breast tenders
- ☐ 6 tablespoons canola mayonnaise
- ☐ 0.3 cup pepper sauce hot divided
- ☐ 1 ounce sourdough bread white

Equipment

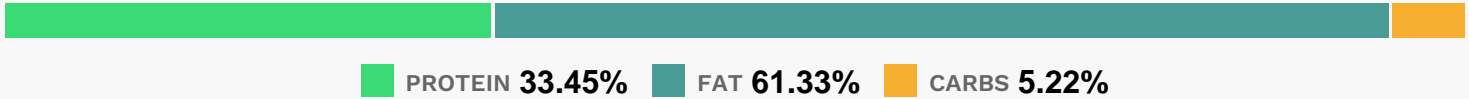
- ☐ bowl
- ☐ frying pan

- ☐ broiler
- ☐ grill pan
- ☐ broiler pan

Directions

- ☐ Preheat broiler; coat broiler pan with cooking spray.
- ☐ Combine 2 tablespoons sauce and chicken in a medium bowl, tossing to coat. Arrange chicken in a single layer on broiler pan; broil 4 minutes on each side or until done.
- ☐ Place chicken in a bowl; toss with remaining 2 tablespoons sauce.
- ☐ Combine cheese and mayonnaise.
- ☐ Spread 3 tablespoons cheese mixture on each of 4 bread slices; top each with one-fourth of cooked chicken and 1 bread slice.
- ☐ Heat a grill pan over medium-high heat. Coat pan with cooking spray. Arrange 2 sandwiches in pan.
- ☐ Place a cast-iron or heavy skillet on top of sandwiches; press gently. Cook for 3 minutes on each side or until bread is toasted (leave skillet on sandwiches while they cook). Repeat procedure with remaining 2 sandwiches.

Nutrition Facts



Properties

Glycemic Index:39.38, Glycemic Load:2.98, Inflammation Score:-4, Nutrition Score:15.671739010707%

Nutrients (% of daily need)

Calories: 343.04kcal (17.15%), Fat: 22.94g (35.29%), Saturated Fat: 5.8g (36.22%), Carbohydrates: 4.39g (1.46%), Net Carbohydrates: 4.19g (1.52%), Sugar: 0.71g (0.79%), Cholesterol: 92.03mg (30.68%), Sodium: 867.02mg (37.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.15g (56.3%), Vitamin B3: 12.35mg (61.76%), Selenium: 40.85µg (58.36%), Vitamin B6: 0.91mg (45.28%), Vitamin K: 35.21µg (33.53%), Phosphorus: 306.49mg (30.65%), Vitamin B5: 1.94mg (19.37%), Vitamin C: 12.58mg (15.25%), Potassium: 489.95mg (14%), Vitamin B2: 0.21mg (12.59%), Magnesium: 35.97mg (8.99%), Vitamin B1: 0.13mg (8.97%), Calcium: 87.08mg (8.71%), Zinc: 1.16mg (7.71%), Vitamin B12: 0.42µg (7.08%), Vitamin E: 0.97mg (6.48%), Folate: 20.31µg (5.08%), Iron: 0.86mg (4.76%), Vitamin A: 180.12IU (3.6%), Manganese: 0.06mg (3.21%), Copper: 0.06mg (2.76%), Vitamin D: 0.23µg (1.51%)