



Caesar Chicken Paninis

READY IN



30 min.

SERVINGS



4

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 lb chicken breast boneless skinless
- ☐ 4 portugese rolls split hard (5x3 inches)
- ☐ 4 slices onion red
- ☐ 1 large tomatoes sliced
- ☐ 0.3 cup caesar dressing
- ☐ 1 oz parmesan shredded
- ☐ 4 leaves the of 1 cos lettuce

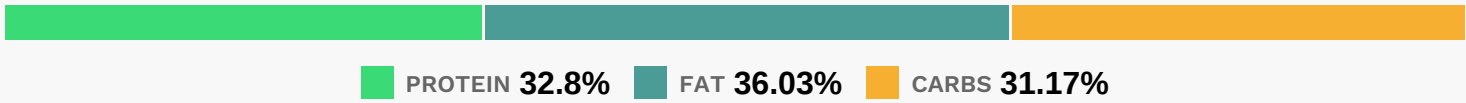
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/4 inch thick.
- ☐ Spray 8- or 10-inch skillet with cooking spray; heat over medium-high heat. Cook chicken in skillet 10 to 15 minutes, turning once, until chicken is no longer pink in center.
- ☐ Remove chicken from skillet; keep warm.
- ☐ In skillet, place rolls, cut sides down. Cook over medium heat about 2 minutes or until toasted.
- ☐ Place chicken on bottom halves of rolls. Top with onion, tomato, dressing, cheese, lettuce and tops of rolls.

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:23.78, Inflammation Score:-9, Nutrition Score:25.01521730423%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 487.31kcal (24.37%), Fat: 19.21g (29.56%), Saturated Fat: 3.72g (23.24%), Carbohydrates: 37.39g (12.46%), Net Carbohydrates: 34.86g (12.68%), Sugar: 7.06g (7.85%), Cholesterol: 103.18mg (34.39%), Sodium: 812.52mg (35.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.35g (78.69%), Vitamin B3: 15.19mg (75.93%), Selenium: 47.45µg (67.78%), Iron: 11.87mg (65.93%), Vitamin A: 2922.63IU (58.45%), Vitamin B6: 1.15mg (57.35%), Vitamin K: 53.32µg (50.78%), Phosphorus: 373.96mg (37.4%), Vitamin B5: 2.17mg (21.66%), Potassium: 734.1mg (20.97%), Folate: 54.12µg (13.53%), Magnesium: 50.69mg (12.67%), Calcium: 123.8mg (12.38%), Vitamin C: 10.15mg

(12.3%), Vitamin B2: 0.2mg (11.67%), Fiber: 2.53g (10.14%), Vitamin E: 1.5mg (9.99%), Vitamin B1: 0.14mg (9.26%), Zinc: 1.2mg (8.03%), Manganese: 0.14mg (7.17%), Vitamin B12: 0.37µg (6.24%), Copper: 0.09mg (4.41%), Vitamin D: 0.2µg (1.31%)