



Cheddar BLT Panini

READY IN



25 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups baby spinach
- ☐ 2 teaspoons balsamic vinegar
- ☐ 8 ounce bread french halved lengthwise
- ☐ 12 ounce chicken breast halves boneless skinless halved lengthwise
- ☐ 3 slices bacon
- ☐ 8 slices tomato
- ☐ 0.8 cup cheddar cheese shredded white reduced-fat

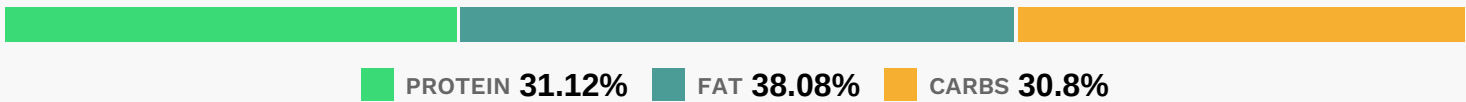
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ microwave
- ☐ slotted spoon

Directions

- ☐ Heat a large skillet over medium heat.
- ☐ Add bacon; cook until crisp.
- ☐ Remove bacon from pan using a slotted spoon; crumble.
- ☐ Add chicken to drippings in pan; cook 2 minutes on each side or until done.
- ☐ Remove chicken from pan.
- ☐ Add baby spinach to pan; cook 30 seconds or until spinach begins to wilt, stirring constantly. Stir in balsamic vinegar.
- ☐ Combine cheddar cheese and cream cheese in a small microwave-safe bowl. Microwave at HIGH 30 seconds or until melted; stir with a whisk until smooth. Stir in bacon.
- ☐ Spread cheese mixture evenly over cut sides of rolls. Divide tomatoes evenly over bottom halves of rolls; top with chicken and spinach mixture. Top sandwiches with top halves of rolls. Return pan to medium heat. Coat both sides of sandwiches with cooking spray.
- ☐ Add sandwiches to pan.
- ☐ Place a cast-iron skillet on top of sandwiches; press gently to flatten. Cook sandwiches 3 minutes on each side or until bread is toasted (leave skillet on sandwiches as they cook).
- ☐ Cut each sandwich in half diagonally.

Nutrition Facts



Properties

Glycemic Index:56.88, Glycemic Load:23.19, Inflammation Score:-9, Nutrition Score:28.602608851765%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 415.89kcal (20.79%), Fat: 17.45g (26.84%), Saturated Fat: 7.06g (44.15%), Carbohydrates: 31.75g (10.58%), Net Carbohydrates: 29.82g (10.84%), Sugar: 3.24g (3.6%), Cholesterol: 86.51mg (28.84%), Sodium: 712.16mg (30.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.09g (64.17%), Vitamin K: 146.13µg (139.17%), Selenium: 53.04µg (75.78%), Vitamin B3: 12.51mg (62.54%), Vitamin A: 3073.68IU (61.47%), Vitamin B6: 0.82mg (40.81%), Phosphorus: 374.59mg (37.46%), Vitamin B1: 0.53mg (35.52%), Folate: 136.09µg (34.02%), Manganese: 0.59mg (29.42%), Vitamin B2: 0.49mg (28.88%), Calcium: 214.93mg (21.49%), Iron: 3.47mg (19.28%), Magnesium: 72.18mg (18.04%), Potassium: 604.94mg (17.28%), Vitamin B5: 1.6mg (16.02%), Zinc: 2.22mg (14.8%), Vitamin C: 9.72mg (11.79%), Copper: 0.16mg (8.19%), Vitamin B12: 0.48µg (7.95%), Fiber: 1.93g (7.73%), Vitamin E: 1.13mg (7.54%), Vitamin D: 0.28µg (1.85%)