



Chicken and Artichoke Panini

READY IN



15 min.

SERVINGS



4

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices bread
- 0.5 cup cream cheese (from 8-oz container)
- 2 chicken breast boneless skinless cooked cut into slices
- 0.5 cup marinated artichoke drained quartered (from 6-oz jar)
- 0.3 cup parsley fresh
- 1 serving salt and pepper to taste

Equipment

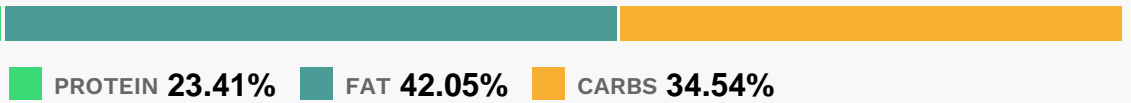
- grill

panini press

Directions

- Heat closed contact grill or panini maker for 5 minutes.
- On each slice of bread, spread 1 tablespoon cream cheese. On cream cheese side of 4 bread slices, layer chicken, artichokes and parsley; season with salt and pepper. Top with remaining bread slices, cream cheese side down.
- Place sandwiches on grill. Close grill; cook 3 to 5 minutes or until bread is toasted.

Nutrition Facts



Properties

Glycemic Index:29.42, Glycemic Load:14.75, Inflammation Score:-7, Nutrition Score:18.010434819304%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 346.01kcal (17.3%), Fat: 16.04g (24.68%), Saturated Fat: 6.7g (41.86%), Carbohydrates: 29.65g (9.88%), Net Carbohydrates: 26.79g (9.74%), Sugar: 4.56g (5.06%), Cholesterol: 64.82mg (21.61%), Sodium: 565.07mg (24.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.09g (40.19%), Vitamin K: 64.95µg (61.86%), Selenium: 36.65µg (52.36%), Vitamin B3: 9.1mg (45.49%), Manganese: 0.69mg (34.26%), Vitamin B6: 0.5mg (25.23%), Phosphorus: 223.43mg (22.34%), Vitamin A: 965.05IU (19.3%), Vitamin B1: 0.28mg (18.4%), Vitamin B2: 0.27mg (15.68%), Iron: 2.67mg (14.83%), Folate: 58.11µg (14.53%), Vitamin B5: 1.44mg (14.41%), Vitamin C: 11.03mg (13.37%), Fiber: 2.86g (11.45%), Calcium: 110.55mg (11.06%), Magnesium: 42.08mg (10.52%), Potassium: 346.25mg (9.89%), Zinc: 1.09mg (7.28%), Copper: 0.11mg (5.44%), Vitamin E: 0.49mg (3.24%), Vitamin B12: 0.18µg (2.92%)