





# Chicken and Mushroom Panini

READY IN




45 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 tablespoon capers
- 8 ounces chicken breast boneless skinless chopped
- 2 cups crimini mushrooms
- 1 teaspoon garlic minced
- 0.3 cup mayonnaise
- 4 ounce provolone cheese reduced-fat
- 1.5 ounce sourdough bread
- 2 tablespoons sun-dried olives packed chopped

## Equipment

- food processor
- frying pan
- grill pan

## Directions

- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add mushrooms and garlic to pan; saut 3 minutes or until mushrooms are tender.
- Remove from heat; set aside.
- Combine mayonnaise, tomatoes, and capers in a mini food processor; pulse until well combined.
- Spread 1 tablespoon mayonnaise mixture over each of 4 bread slices; top each with 1/4 cup mushroom mixture, 2 ounces chicken, 1 cheese slice, and 1 bread slice.
- Heat a large grill pan over medium heat. Coat pan with cooking spray.
- Add sandwiches to pan.
- Place a cast-iron or other heavy skillet on top of sandwiches; press gently to flatten sandwiches. Cook 2 minutes on each side or until bread is toasted (leave cast-iron skillet on sandwiches while they cook).

## Nutrition Facts

 **PROTEIN 28.8%**  **FAT 58.73%**  **CARBS 12.47%**

## Properties

Glycemic Index:54.38, Glycemic Load:4.85, Inflammation Score:-4, Nutrition Score:15.080434840658%

## Flavonoids

Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

## Nutrients (% of daily need)

Calories: 304.21kcal (15.21%), Fat: 19.87g (30.57%), Saturated Fat: 6.88g (43.03%), Carbohydrates: 9.49g (3.16%), Net Carbohydrates: 8.66g (3.15%), Sugar: 2.3g (2.56%), Cholesterol: 61.73mg (20.58%), Sodium: 485.11mg (21.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.92g (43.85%), Selenium: 35.24µg (50.35%), Vitamin B3: 8.08mg (40.41%), Phosphorus: 327.23mg (32.72%), Vitamin B6: 0.52mg (25.78%), Vitamin K: 25.21µg (24.01%), Calcium: 235.19mg (23.52%), Vitamin B2: 0.39mg (22.82%), Vitamin B5: 1.6mg (16%), Potassium: 514.98mg (14.71%), Copper: 0.27mg (13.34%), Zinc: 1.84mg (12.25%), Vitamin B1: 0.17mg (11.19%), Vitamin B12: 0.58µg (9.67%), Manganese: 0.18mg (8.97%), Magnesium: 35.16mg (8.79%), Folate: 30.06µg (7.52%), Iron: 1.22mg (6.78%), Vitamin A: 300.26IU (6.01%), Vitamin E: 0.68mg (4.51%), Fiber: 0.84g (3.35%), Vitamin C: 1.98mg (2.4%), Vitamin D: 0.26µg (1.75%)