



Chicken and Roasted Red Pepper Panini with Cilantro Pesto and Feta

♥♥ Popular

READY IN



45 min.

SERVINGS



1

CALORIES



682 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 handful baby spinach
- ☐ 2 slices bread (or 1 bun)
- ☐ 1 chicken breast thin (pounded)
- ☐ 1 handful feta mashed ()
- ☐ 0.5 tablespoon olive oil
- ☐ 2 tablespoons cilantro pesto
- ☐ 0.5 roasted pepper red

- ☐ 1 serving salt and pepper to taste
- ☐ 0.5 teaspoon paprika smoked

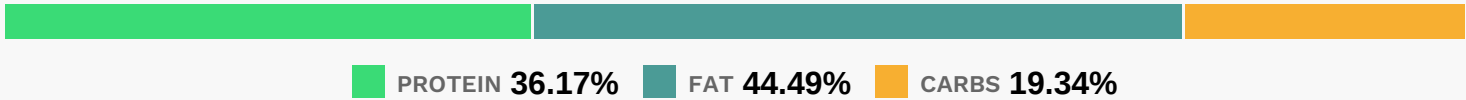
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Dust the chicken with the paprika and season it with salt and pepper.
- ☐ Heat the oil in a pan.
- ☐ Add the chicken and cook until it is golden brown on both sides and cooked all the way through, about 4–7 minutes per side.
- ☐ Assemble sandwich, brush both sides with olive oil and grill until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:132.67, Glycemic Load:14.77, Inflammation Score:-10, Nutrition Score:42.137390903805%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 681.61kcal (34.08%), Fat: 33.24g (51.14%), Saturated Fat: 8.6g (53.73%), Carbohydrates: 32.51g (10.84%), Net Carbohydrates: 28.56g (10.39%), Sugar: 4.4g (4.89%), Cholesterol: 173.74mg (57.91%), Sodium: 1621.12mg (70.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.82g (121.64%), Vitamin K: 153.65µg (146.34%), Vitamin B3: 27.42mg (137.1%), Selenium: 93.37µg (133.38%), Vitamin B6: 1.99mg (99.75%), Vitamin A: 4202.16IU (84.04%), Phosphorus: 669.48mg (66.95%), Manganese: 1.02mg (51.25%), Vitamin B2: 0.69mg (40.87%), Vitamin B5: 4.02mg (40.21%), Potassium: 1151.08mg (32.89%), Folate: 127.89µg (31.97%), Calcium: 317.27mg (31.73%), Vitamin B1: 0.45mg (30.16%), Magnesium: 114.94mg (28.73%), Iron: 4.43mg (24.64%), Vitamin C: 19.87mg (24.08%), Zinc: 2.99mg (19.96%), Vitamin E: 2.5mg (16.65%), Vitamin B12: 0.96µg (15.98%), Fiber: 3.95g (15.8%), Copper:

0.22mg (11.19%), Vitamin D: 0.35µg (2.31%)