



Chicken, Brie, Fig & Arugula Panini

 Popular

READY IN



20 min.

SERVINGS



4

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup arugula
- ☐ 1 baguette divided
- ☐ 0.5 pound round of président brie sliced
- ☐ 0.5 pound chicken breast sliced
- ☐ 0.3 cup let set min. spread

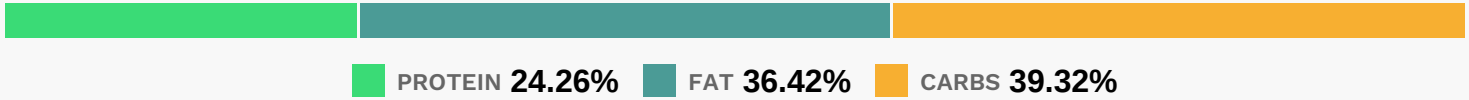
Equipment

- ☐ grill
- ☐ panini press

Directions

- ☐ Heat the panini maker according to the manufacturer’s directions.For each sandwich: Slice off the dome of the baguette to create a flat grilling surface. Divide the baguette in half lengthwise to create top and bottom halves.
- ☐ Spread a few tablespoons of fig jam inside each baguette half. On one side, layer a few slices of Brie, a small handful of arugula and a few slices of chicken. Close the sandwich with the other baguette half.Grill the panini until the cheese is melted and bread is toasted, 3 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:46.44, Glycemic Load:27.67, Inflammation Score:-5, Nutrition Score:16.242173982703%

Flavonoids

Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 459.33kcal (22.97%), Fat: 18.5g (28.46%), Saturated Fat: 10.53g (65.81%), Carbohydrates: 44.93g (14.98%), Net Carbohydrates: 43.37g (15.77%), Sugar: 12.72g (14.13%), Cholesterol: 85.62mg (28.54%), Sodium: 1333.54mg (57.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.72g (55.45%), Vitamin B3: 8.2mg (41.02%), Selenium: 26.84µg (38.34%), Vitamin B2: 0.55mg (32.47%), Phosphorus: 316.53mg (31.65%), Vitamin B1: 0.43mg (28.98%), Folate: 112.18µg (28.04%), Vitamin B6: 0.46mg (22.81%), Calcium: 183.92mg (18.39%), Vitamin B12: 1.01µg (16.92%), Manganese: 0.34mg (16.86%), Iron: 2.79mg (15.49%), Zinc: 2.16mg (14.37%), Vitamin B5: 1.19mg (11.95%), Potassium: 391.4mg (11.18%), Magnesium: 44.25mg (11.06%), Vitamin A: 400.09IU (8%), Fiber: 1.56g (6.23%), Copper: 0.12mg (5.92%), Vitamin K: 5.9µg (5.62%), Vitamin E: 0.53mg (3.55%), Vitamin C: 2.02mg (2.45%), Vitamin D: 0.34µg (2.27%)