



Chicken Panini with Fig Jam

READY IN



45 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 cup cheese blue crumbled
- ☐ 2 tablespoons butter softened
- ☐ 8 ounce ciabatta bread
- ☐ 8 ounces chicken breast strips/pre-cooked/chopped cooked sliced
- ☐ 0.3 cup let set min. spread
- ☐ 1 teaspoon juice of lemon fresh

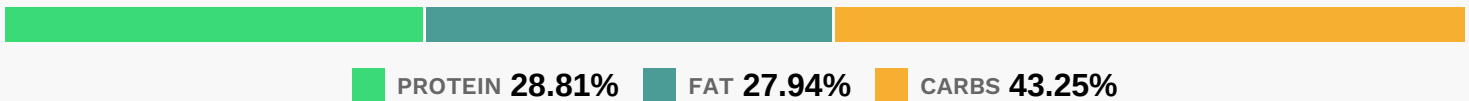
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Spread jam over cut side of top half of bread.
- ☐ Combine cheese and butter in a bowl, stirring until smooth.
- ☐ Spread cheese mixture over cut side of bottom half of bread. Arrange chicken evenly over cheese mixture; sprinkle with pepper.
- ☐ Place top half of bread, jam side down, over chicken.
- ☐ Heat a large nonstick skillet over medium heat, and add sandwich to pan.
- ☐ Place a heavy cast-iron skillet on sandwich; cook 5 minutes or until both sides are browned, turning once.
- ☐ Place arugula in a bowl.
- ☐ Drizzle juice over arugula; toss gently.
- ☐ Remove top bread half from sandwich. Arrange arugula mixture over chicken. Replace top bread half.
- ☐ Cut sandwich into 4 equal portions.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:5.35, Inflammation Score:-4, Nutrition Score:8.450434733992%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 345.22kcal (17.26%), Fat: 10.6g (16.31%), Saturated Fat: 5.99g (37.42%), Carbohydrates: 36.93g (12.31%), Net Carbohydrates: 35.97g (13.08%), Sugar: 7.07g (7.86%), Cholesterol: 69.57mg (23.19%), Sodium: 469.03mg (20.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.59g (49.19%), Vitamin B3: 7.9mg (39.5%), Selenium: 17.26µg (24.65%), Vitamin B6: 0.37mg (18.26%), Phosphorus: 171.67mg (17.17%), Vitamin K: 11.86µg (11.3%), Vitamin A: 488.93IU (9.78%), Vitamin B5: 0.75mg (7.5%), Calcium: 73.89mg (7.39%), Vitamin B2: 0.12mg (6.99%), Potassium: 218.23mg (6.24%), Magnesium: 23.97mg (5.99%), Zinc: 0.85mg (5.7%), Vitamin B12: 0.31µg (5.13%), Iron: 0.84mg (4.66%), Folate: 17.02µg (4.25%), Vitamin C: 3.22mg (3.9%), Fiber: 0.96g (3.83%), Vitamin B1: 0.05mg (3.3%), Manganese: 0.06mg (2.81%), Copper: 0.05mg (2.69%), Vitamin E: 0.4mg (2.66%)