



Chicken Pesto Panini

READY IN



20 min.

SERVINGS



4

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 flour thick cut into fourths (2 inches)
- ☐ 0.5 cup basil pesto
- ☐ 1 cup chicken breast strips/pre-cooked/chopped cubed cooked
- ☐ 0.5 cup bell pepper red chopped
- ☐ 2 tablespoons onion red finely chopped
- ☐ 4 oz provolone cheese

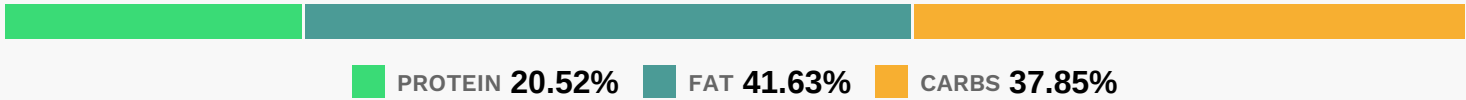
Equipment

- ☐ grill

Directions

- ☐ Heat closed contact grill 3 to 5 minutes.
- ☐ Cut each piece focaccia in half horizontally.
- ☐ Spread 1 tablespoon pesto on cut sides of each half.
- ☐ Layer bottom halves with one-fourth of the chicken, bell pepper, onion and cheese. Cover with remaining focaccia halves.
- ☐ When grill is heated, place sandwiches on grill. Close grill; grill 3to 5 minutes or until focaccia is golden brown and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:19.03, Inflammation Score:-7, Nutrition Score:10.432173936263%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 542.59kcal (27.13%), Fat: 25.16g (38.71%), Saturated Fat: 7.2g (44.99%), Carbohydrates: 51.48g (17.16%), Net Carbohydrates: 48.9g (17.78%), Sugar: 3.76g (4.17%), Cholesterol: 51.79mg (17.26%), Sodium: 1055.48mg (45.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.91g (55.82%), Vitamin C: 24.21mg (29.35%), Vitamin A: 1465.03IU (29.3%), Calcium: 271.94mg (27.19%), Vitamin B3: 5.03mg (25.16%), Phosphorus: 226.71mg (22.67%), Selenium: 13.81µg (19.73%), Vitamin B6: 0.29mg (14.54%), Fiber: 2.58g (10.33%), Vitamin B12: 0.53µg (8.88%), Zinc: 1.32mg (8.81%), Vitamin B2: 0.15mg (8.71%), Vitamin B5: 0.54mg (5.38%), Magnesium: 20.82mg (5.21%), Potassium: 175.32mg (5.01%), Iron: 0.78mg (4.34%), Folate: 13.75µg (3.44%), Vitamin E: 0.46mg (3.03%), Vitamin B1: 0.04mg (2.82%), Manganese: 0.04mg (1.8%), Vitamin K: 1.66µg (1.58%), Copper: 0.03mg (1.48%), Vitamin D: 0.18µg (1.18%)