



## Chicken Salad Panini

READY IN



15 min.

SERVINGS



15

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2.5 cups chicken breasts cooked chopped
- 1 green onion thinly sliced
- 8 slices multi-grain bread
- 2 Tbsp lite ranch dressing kraft
- 2 Tbsp oscar mayer real bacon bits
- 0.3 cup mayo reduced fat mayonnaise light kraft
- 4 slim cut sharp cheddar cheese kraft
- 1 large tomatoes cut into 8 thin slices

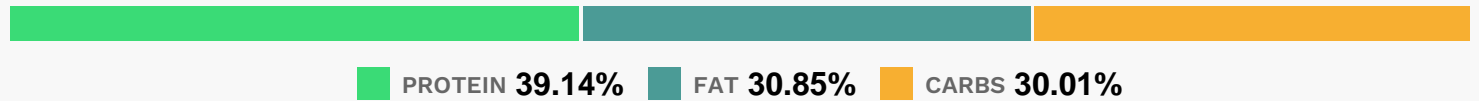
## Equipment

- frying pan
- grill pan

## Directions

- Heat grill pan or heavy skillet sprayed with cooking spray on medium heat. Meanwhile, combine first 5 ingredients; spread onto 4 bread slices. Top with tomatoes, cheese and remaining bread slices.
- Cook 3 min. on each side or until sandwiches are golden brown on both sides.

## Nutrition Facts



## Properties

Glycemic Index:11.11, Glycemic Load:4, Inflammation Score:-2, Nutrition Score:5.5608696341515%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 100.78kcal (5.04%), Fat: 3.4g (5.23%), Saturated Fat: 0.8g (5.01%), Carbohydrates: 7.44g (2.48%), Net Carbohydrates: 6.37g (2.32%), Sugar: 1.22g (1.36%), Cholesterol: 22.55mg (7.52%), Sodium: 163.84mg (7.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.7g (19.4%), Vitamin B3: 3.94mg (19.69%), Manganese: 0.34mg (16.95%), Selenium: 10.54µg (15.06%), Phosphorus: 93.57mg (9.36%), Vitamin B6: 0.18mg (9.17%), Vitamin K: 8.54µg (8.13%), Vitamin B1: 0.08mg (5.36%), Magnesium: 20.01mg (5%), Fiber: 1.06g (4.25%), Iron: 0.68mg (3.78%), Potassium: 130.67mg (3.73%), Vitamin B5: 0.36mg (3.58%), Zinc: 0.54mg (3.57%), Vitamin B2: 0.06mg (3.37%), Calcium: 32.3mg (3.23%), Copper: 0.05mg (2.71%), Folate: 9.82µg (2.46%), Vitamin A: 120.44IU (2.41%), Vitamin E: 0.34mg (2.28%), Vitamin C: 1.81mg (2.2%), Vitamin B12: 0.09µg (1.43%)