



Classic Chicken Panini

READY IN



20 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 oz chicken breast boneless skinless
- 0.5 teaspoon suya seasoning mix salt-free
- 0.3 cup mayonnaise fat-free
- 2 teaspoons vinegar white or flavored
- 0.5 teaspoon garlic powder
- 4 muffins whole wheat split english
- 3 oz whole-milk mozzarella fat-free
- 4 slices onion red thin
- 1 plum tomatoes cut into 8 slices (Roma)

Equipment

- bowl
- grill

Directions

- Heat closed medium-size contact grill for 5 minutes.
- Sprinkle chicken with seasoning blend.
- Place chicken on grill. Close grill; cook 4 to 5 minutes or until juice of chicken is clear when center of thickest part is cut (170°F).
- Meanwhile, in small bowl, mix mayonnaise, vinegar and garlic powder.
- Spread on English muffin halves.
- Place chicken on bottoms of English muffins. Top with cheese, onion, tomato and tops of muffins.
- Place sandwiches on grill. Close grill, pressing to flatten sandwiches; cook 2 to 3 minutes or until sandwiches are toasted.

Nutrition Facts

PROTEIN 48.21% **FAT 13.75%** **CARBS 38.04%**

Properties

Glycemic Index:31.25, Glycemic Load:0.47, Inflammation Score:-6, Nutrition Score:24.058260845101%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

Nutrients (% of daily need)

Calories: 298.8kcal (14.94%), Fat: 4.6g (7.07%), Saturated Fat: 0.94g (5.88%), Carbohydrates: 28.62g (9.54%), Net Carbohydrates: 23.42g (8.52%), Sugar: 7.45g (8.28%), Cholesterol: 77.7mg (25.9%), Sodium: 612.53mg (26.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.27g (72.53%), Selenium: 63.52µg (90.74%), Vitamin B3: 13.94mg (69.68%), Manganese: 1.11mg (55.6%), Phosphorus: 549.42mg (54.94%), Vitamin B6: 1mg (50.06%),

Calcium: 376.97mg (37.7%), Fiber: 5.2g (20.78%), Magnesium: 82.34mg (20.59%), Vitamin B5: 2.05mg (20.52%), Potassium: 638.35mg (18.24%), Vitamin B1: 0.26mg (17.51%), Zinc: 2.49mg (16.59%), Vitamin B2: 0.27mg (15.85%), Iron: 2.22mg (12.33%), Folate: 41.21µg (10.3%), Vitamin K: 9.82µg (9.35%), Copper: 0.18mg (9.11%), Vitamin B12: 0.42µg (7.04%), Vitamin A: 279.02IU (5.58%), Vitamin C: 4.54mg (5.5%), Vitamin E: 0.69mg (4.57%)