



## Grilled Cacciatore Panini

READY IN



30 min.

SERVINGS



4

CALORIES



816 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 ciabatta rolls split
- 2 tablespoons dijon mustard
- 0.3 cup cooking wine dry red
- 1 handful flat-leaf parsley
- 8 slices mozzarella cheese smoked fresh thin
- 2 large cloves garlic grated finely chopped
- 0.7 cup olive oil extra-virgin
- 4 servings olive oil potato chips
- 4 plum tomatoes

- 4 medium portobello mushroom caps
- 1 large onion sweet red sliced
- 1 teaspoon pepper flakes red crushed
- 2 large pasilla peppers red
- 3 to 4 stems rosemary finely chopped
- 4 servings salt and pepper black freshly ground
- 6 chicken thighs boneless skinless

## Equipment

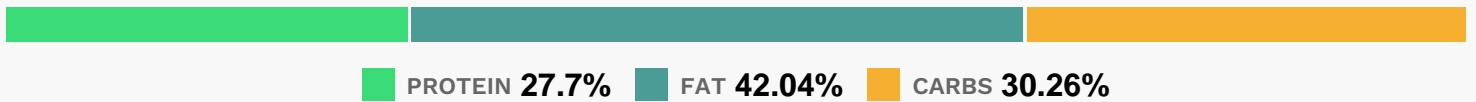
- food processor
- bowl
- plastic wrap
- grill
- broiler
- stove
- ziploc bags
- grill pan
- cutting board

## Directions

- Watch how to make this recipe.
- Heat an outdoor grill or grill pan to high. If cooking indoors, char the peppers over an open gas flame on the stove top or under a hot broiler. Char the peppers until blackened all over, then put them in bowl and cover with plastic wrap to cool. If cooking outside, char peppers over the hot area of the grill.
- Meanwhile, in food processor combine the wine, rosemary, red pepper flakes, garlic and mustard. With the processor running, slowly stream in the extra-virgin olive oil to make a marinade. Season with salt and pepper, to taste.
- Add the chicken to a resealable plastic bag and pour in 1/3 of the marinade and turn to coat.
- Add the mushrooms and onions to a small bowl and pour in the remaining marinade.

- Remove the chicken from the marinade and grill for 12 minutes. Grill the mushrooms and onions until tender, about 8 to 10 minutes and char the tomatoes the last 3 to 4 minutes of cook time.
- Remove the chicken from the grill to a cutting board and slice on an angle.
- Serve 1 1/2 thighs per person or 1 breast per person. Pile the chicken on the roll bottoms.
- Top the chicken with smoked cheese and sliced grilled mushrooms and onions, and squished fire-charred tomato. Peel, seed and chop the peppers and put them on top of the tomato.
- Sprinkle with a little parsley and cover with the roll tops.
- If you're felling ambitious, you can puree the peppers in food processor to make them saucy.
- Serve the panini with olive oil potato chips alongside.

## Nutrition Facts



### Properties

Glycemic Index:73.25, Glycemic Load:2.2, Inflammation Score:-10, Nutrition Score:43.819130337757%

### Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg Quercetin: 12.71mg, Quercetin: 12.71mg, Quercetin: 12.71mg, Quercetin: 12.71mg

### Nutrients (% of daily need)

Calories: 815.67kcal (40.78%), Fat: 37.83g (58.2%), Saturated Fat: 11.53g (72.03%), Carbohydrates: 61.26g (20.42%), Net Carbohydrates: 54.86g (19.95%), Sugar: 12.17g (13.52%), Cholesterol: 205.79mg (68.6%), Sodium: 1040.39mg (45.23%), Alcohol: 2.1g (100%), Alcohol %: 0.39% (100%), Protein: 56.09g (112.18%), Vitamin C: 125.35mg (151.94%), Selenium: 67.63µg (96.62%), Vitamin B3: 16.04mg (80.2%), Vitamin A: 3749.3IU (74.99%), Vitamin B6: 1.48mg (74.04%), Phosphorus: 722.35mg (72.24%), Vitamin B5: 4.73mg (47.26%), Potassium: 1553.21mg (44.38%), Vitamin E: 6.25mg (41.68%), Vitamin B2: 0.7mg (41.47%), Vitamin K: 43.14µg (41.08%), Vitamin B12: 2.42µg (40.31%), Zinc:

5.5mg (36.67%), Calcium: 350.26mg (35.03%), Manganese: 0.59mg (29.7%), Folate: 110.92µg (27.73%), Vitamin B1: 0.4mg (26.65%), Copper: 0.52mg (26.1%), Fiber: 6.41g (25.62%), Magnesium: 97.62mg (24.41%), Iron: 3.32mg (18.47%), Vitamin D: 0.48µg (3.19%)