

Grilled Chicken Panini

READY IN



20 min.

SERVINGS



4

CALORIES



658 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 11 ounce chicken breast strips/pre-cooked/chopped fully cooked tyson® ready®
- 8 slices bread crumbs italian
- 0.3 cup olive oil
- 0.5 cup basil pesto prepared
- 4 slices provolone cheese

Equipment

- frying pan
- grill

Directions

- Spread one tablespoon of pesto onto one side of each bread slice. Divide chicken strips among 4 slices of bread.
- Place a slice of cheese on top of chicken. Top with remaining bread slices, pesto side down.
- Brush the outer sides of each sandwich with olive oil.
- Heat large skillet or griddle over medium. Grill sandwiches until browned on one side; turn and grill until brown on other side.

Nutrition Facts

PROTEIN 20.7% **FAT 64.73%** **CARBS 14.57%**

Properties

Glycemic Index:6.75, Glycemic Load:0.11, Inflammation Score:-6, Nutrition Score:13.197391214578%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 657.84kcal (32.89%), Fat: 46.93g (72.2%), Saturated Fat: 15.56g (97.27%), Carbohydrates: 23.77g (7.92%), Net Carbohydrates: 21.87g (7.95%), Sugar: 13.46g (14.95%), Cholesterol: 81.86mg (27.29%), Sodium: 634.34mg (27.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.78g (67.55%), Vitamin B3: 12.52mg (62.6%), Selenium: 24.27µg (34.67%), Phosphorus: 286.79mg (28.68%), Vitamin B6: 0.48mg (24.08%), Calcium: 205.38mg (20.54%), Vitamin A: 808.53IU (16.17%), Vitamin E: 2.2mg (14.65%), Iron: 2.01mg (11.14%), Vitamin B2: 0.19mg (10.93%), Zinc: 1.47mg (9.82%), Vitamin B12: 0.54µg (9.04%), Potassium: 312.74mg (8.94%), Magnesium: 34.73mg (8.68%), Vitamin B5: 0.84mg (8.43%), Vitamin K: 8.78µg (8.36%), Vitamin B1: 0.11mg (7.61%), Fiber: 1.9g (7.58%), Folate: 30.22µg (7.55%), Copper: 0.04mg (2.16%), Vitamin D: 0.17µg (1.15%)