



Grilled Turkey Panini Sandwiches

READY IN



45 min.

SERVINGS



8

CALORIES



605 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup mayonnaise
- 0.3 cup basil pesto
- 16 slices bread crumbs italian
- 0.3 cup butter softened
- 0.8 lb turkey cooked
- 14 oz artichoke hearts drained chopped canned
- 3 medium plum tomatoes sliced (Roma)
- 8 oz provolone cheese

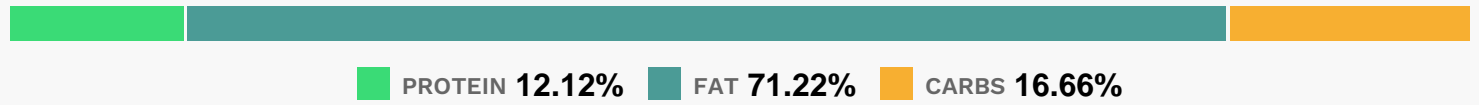
Equipment

- bowl
- frying pan
- panini press

Directions

- In small bowl, mix mayonnaise and pesto.
- Spread 1 side of each bread slice with butter. Turn bread slices butter sides down; spread other sides with 1 tablespoon pesto mixture each. Top 8 bread slices with turkey, artichokes, tomatoes and cheese. Top with remaining bread slices, butter sides up.
- In sandwich grill or 12-inch skillet, cook sandwiches over medium heat 3 to 4 minutes, turning once, until bread is toasted and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:0.46, Inflammation Score:-6, Nutrition Score:10.88826077399%

Flavonoids

Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 604.71kcal (30.24%), Fat: 47.7g (73.38%), Saturated Fat: 17.11g (106.96%), Carbohydrates: 25.1g (8.37%), Net Carbohydrates: 22.54g (8.2%), Sugar: 13.9g (15.44%), Cholesterol: 50.74mg (16.91%), Sodium: 845.37mg (36.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.26g (36.51%), Vitamin K: 36.69µg (34.94%), Calcium: 236.25mg (23.63%), Phosphorus: 222.29mg (22.23%), Vitamin B3: 4.29mg (21.44%), Vitamin A: 883.69IU (17.67%), Selenium: 11.02µg (15.75%), Vitamin B12: 0.81µg (13.58%), Vitamin B2: 0.19mg (11.41%), Vitamin B6: 0.22mg (11.12%), Zinc: 1.6mg (10.69%), Fiber: 2.57g (10.27%), Folate: 34.76µg (8.69%), Iron: 1.4mg (7.77%), Vitamin E: 1.13mg (7.51%), Potassium: 255.83mg (7.31%), Magnesium: 25.27mg (6.32%), Vitamin B1: 0.09mg (5.82%), Vitamin B5: 0.44mg (4.43%), Vitamin C: 3.2mg (3.88%), Copper: 0.05mg (2.42%), Vitamin D: 0.27µg (1.83%), Manganese: 0.03mg (1.72%)