



Healthified Turkey-Artichoke Panini

READY IN



15 min.

SERVINGS



2

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup baby spinach fresh washed loosely packed chopped
- 0.3 cup alouette garlic & herbs spreadable cheese reduced-fat (from 6.5-oz container)
- 4 oz chicken breast strips/pre-cooked/chopped cooked sliced
- 2 tablespoons pizza cheese shredded italian reduced-fat
- 0.3 cup marinated artichoke drained (from 6-oz jar)
- 0.3 cup roasted peppers red drained sliced (from a jar)
- 6 oz bread whole wheat soft

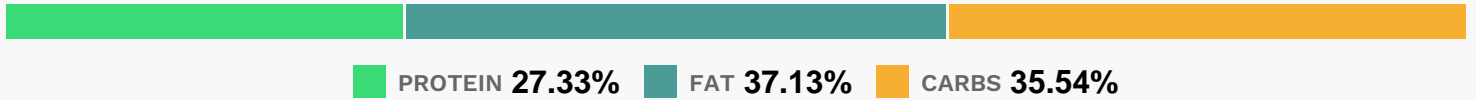
Equipment

- bowl
- paper towels
- grill
- panini press

Directions

- Heat closed contact grill or panini maker for 5 minutes.
- Place artichoke hearts on paper towels; pat dry. Coarsely chop artichoke hearts.
- In small bowl, mix artichoke hearts, spreadable cheese and spinach.
- Spread mixture on 2 bread slices. Top with bell peppers, turkey and shredded cheese. Top with remaining bread slices. Spray both sides of sandwiches with cooking spray.
- When grill is heated,* place sandwiches on grill. Close grill; cook 3 to 5 minutes or until bread is toasted and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:50.85, Glycemic Load:22.03, Inflammation Score:-8, Nutrition Score:23.659565319186%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 467.5kcal (23.37%), Fat: 19.33g (29.73%), Saturated Fat: 7.33g (45.79%), Carbohydrates: 41.62g (13.87%), Net Carbohydrates: 35.64g (12.96%), Sugar: 4.03g (4.48%), Cholesterol: 80.6mg (26.87%), Sodium: 934.86mg (40.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.01g (64.01%), Manganese: 1.92mg (96.04%), Vitamin B3: 11.69mg (58.46%), Selenium: 37.72µg (53.88%), Vitamin K: 43.03µg (40.98%), Phosphorus: 316.75mg (31.68%), Vitamin B6: 0.57mg (28.48%), Vitamin B1: 0.38mg (25.5%), Fiber: 5.98g (23.91%), Magnesium: 89.78mg (22.45%), Vitamin A: 1058.73IU (21.17%), Vitamin C: 15.49mg (18.78%), Calcium: 183.73mg (18.37%), Iron: 3.29mg (18.28%), Zinc: 2.14mg (14.23%), Folate: 55.34µg (13.83%), Vitamin B2: 0.23mg (13.25%), Copper: 0.25mg (12.62%), Potassium: 425.17mg (12.15%), Vitamin B5: 1.14mg (11.42%), Vitamin E: 0.76mg (5.1%), Vitamin B12: 0.19µg (3.21%)