



Herbed Chicken and Cheese Panini

READY IN



25 min.

SERVINGS



2

CALORIES



655 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter softened
- 1 tablespoon herbs: rosemary fresh chopped (such as parsley, basil, thyme, oregano)
- 1 tablespoon olive oil
- 0.5 cup onion red sliced ()
- 2 servings salt and pepper to taste
- 4 oz sharp cheddar cheese
- 0.5 lb chicken breast boneless skinless thin
- 1 medium tomatoes thinly sliced
- 2 wholewheat pita breads cut in half ()

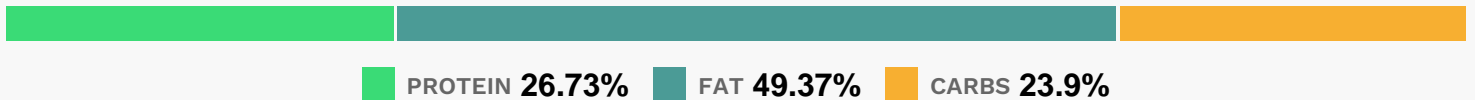
Equipment

- bowl
- frying pan
- spatula

Directions

- In small bowl, mix butter and herbs until blended; set aside.
- Season chicken with salt and pepper. In 10-inch nonstick skillet, heat oil over medium-high heat until hot. Cook chicken in oil about 5 minutes, turning occasionally, until no longer pink in center.
- Remove chicken from skillet; set aside and keep warm. To same skillet, add onion; cook about 3 minutes, stirring occasionally, until tender.
- Remove onion from skillet, set aside. Reduce heat to medium.
- Spread generous half teaspoon herbed butter on outside of all of 4 bread halves.
- Place 2 halves in heated skillet, buttered side down. Top each with 1 slice cheese, 1 chicken breast, half of the onion and sliced tomato, and another slice cheese. Top with remaining pita bread halves.
- Cook about 2 minutes, pressing down with spatula, until bottom is golden brown. Turn; cook about 2 minutes longer, pressing again with spatula, until cheese is melted. To serve, cut each sandwich in half.

Nutrition Facts



Properties

Glycemic Index:110.5, Glycemic Load:30.91, Inflammation Score:-8, Nutrition Score:26.676522068355%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg

0.39mg, Myricetin: 0.39mg Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg

Nutrients (% of daily need)

Calories: 654.61kcal (32.73%), Fat: 35.7g (54.92%), Saturated Fat: 13.79g (86.21%), Carbohydrates: 38.89g (12.96%), Net Carbohydrates: 36.18g (13.16%), Sugar: 3.52g (3.91%), Cholesterol: 129.27mg (43.09%), Sodium: 1068.25mg (46.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.48g (86.97%), Selenium: 52.54µg (75.05%), Vitamin B3: 13.5mg (67.48%), Phosphorus: 581.27mg (58.13%), Vitamin B6: 1.01mg (50.36%), Calcium: 475.09mg (47.51%), Vitamin K: 43.62µg (41.54%), Vitamin A: 1534.11IU (30.68%), Vitamin B2: 0.44mg (26.16%), Zinc: 3.4mg (22.69%), Vitamin B5: 2.19mg (21.9%), Potassium: 748.72mg (21.39%), Manganese: 0.42mg (20.87%), Vitamin B1: 0.28mg (18.81%), Vitamin C: 15.42mg (18.69%), Magnesium: 71.33mg (17.83%), Vitamin E: 2.22mg (14.81%), Vitamin B12: 0.83µg (13.91%), Folate: 49.82µg (12.45%), Fiber: 2.72g (10.86%), Copper: 0.2mg (9.92%), Iron: 1.71mg (9.5%), Vitamin D: 0.45µg (3.02%)