



Hot Brown Panini

READY IN



23 min.

SERVINGS



8

CALORIES



632 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 13 slices bacon crumbled cooked
- ☐ 3 cups meat from a rotisserie chicken cooked chopped
- ☐ 16 slices bread italian (1/2-inch-thick)
- ☐ 3 cups warm cheese sauce white divided
- ☐ 4 plum tomatoes sliced
- ☐ 4 oz swiss cheese shredded divided

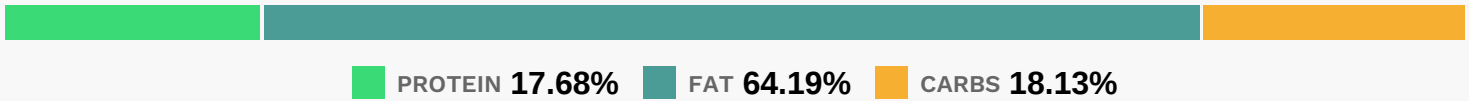
Equipment

- ☐ wax paper
- ☐ panini press

Directions

- ☐ Brush melted butter evenly on 1 side of 16 bread slices.
- ☐ Place, butter sides down, on wax paper.
- ☐ Sprinkle 1 Tbsp. Swiss cheese on top of each of 8 bread slices; top evenly with chicken, tomato slices, and 1 cup warm White Cheese Sauce.
- ☐ Sprinkle with bacon and remaining cheese, and top with remaining bread slices, butter sides up.
- ☐ Cook sandwiches, in batches, in a preheated panini press 2 to 3 minutes or until golden brown.
- ☐ Serve with remaining 2 cups warm White Cheese Sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:0.37, Inflammation Score:-6, Nutrition Score:11.627391228209%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 631.99kcal (31.6%), Fat: 45.34g (69.75%), Saturated Fat: 18.13g (113.29%), Carbohydrates: 28.81g (9.6%), Net Carbohydrates: 27.04g (9.83%), Sugar: 16.73g (18.58%), Cholesterol: 80.94mg (26.98%), Sodium: 1184.85mg (51.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.1g (56.2%), Vitamin B3: 7.5mg (37.48%), Selenium: 23.81µg (34.01%), Phosphorus: 255.68mg (25.57%), Calcium: 201.17mg (20.12%), Vitamin A: 965.22IU (19.3%), Vitamin B6: 0.32mg (15.98%), Zinc: 1.95mg (13.01%), Vitamin B12: 0.73µg (12.13%), Vitamin B1: 0.17mg (11.64%), Vitamin B2: 0.19mg (11.37%), Potassium: 356.27mg (10.18%), Iron: 1.7mg (9.45%), Folate: 33.86µg (8.46%), Magnesium: 30.01mg (7.5%), Vitamin B5: 0.75mg (7.48%), Fiber: 1.77g (7.09%), Vitamin C: 4.25mg (5.15%), Copper: 0.07mg (3.43%), Vitamin K: 2.89µg (2.75%), Vitamin E: 0.39mg (2.59%), Manganese: 0.05mg (2.39%)