



Italian Chicken Panini

READY IN



15 min.

SERVINGS



1

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon basil pesto
- 2 slices bread
- 1 teaspoon butter
- 1 tablespoon mayonnaise
- 2 slices mozzarella cheese
- 2 slices pancetta
- 2 slices roasted chicken cooked
- 2 slices roasted peppers red

Equipment

- frying pan
- grill
- aluminum foil
- grill pan

Directions

- Spread pesto and mayonnaise on one slice of bread.
- Layer meats, cheese, and peppers to make a sandwich. Top with second slice of bread.
- Spread top bread slice with half of butter.
- Heat a grill pan over medium heat and spray with cooking spray. When pan is hot, place sandwich butter-side down. Top with a brick covered in foil or another pan and press down. Cook for 2 to 3 minutes until golden brown. Butter top bread slice with remaining butter before turning over panini.
- Grill and press for another minute or two until panini is toasted and cheese is melted.

Nutrition Facts

PROTEIN 15.12% **FAT 64.65%** **CARBS 20.23%**

Properties

Glycemic Index:185.67, Glycemic Load:14.67, Inflammation Score:-6, Nutrition Score:15.926521767741%

Nutrients (% of daily need)

Calories: 582.96kcal (29.15%), Fat: 41.77g (64.26%), Saturated Fat: 15.18g (94.85%), Carbohydrates: 29.41g (9.8%), Net Carbohydrates: 26.9g (9.78%), Sugar: 4.36g (4.84%), Cholesterol: 74.66mg (24.89%), Sodium: 1016.28mg (44.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.99g (43.97%), Selenium: 29.85µg (42.64%), Calcium: 384.5mg (38.45%), Manganese: 0.69mg (34.54%), Phosphorus: 304.26mg (30.43%), Vitamin K: 27.22µg (25.92%), Vitamin B12: 1.4µg (23.39%), Vitamin B3: 4mg (20.02%), Vitamin B1: 0.29mg (19.65%), Vitamin B2: 0.32mg (18.96%), Vitamin A: 837.78IU (16.76%), Zinc: 2.49mg (16.57%), Iron: 2.49mg (13.83%), Folate: 52.84µg (13.21%), Fiber: 2.5g (10.02%), Magnesium: 37.09mg (9.27%), Vitamin B6: 0.14mg (6.94%), Vitamin B5: 0.68mg (6.78%), Vitamin E: 0.86mg (5.72%), Copper: 0.1mg (5.11%), Potassium: 165.21mg (4.72%), Vitamin D: 0.32µg (2.12%), Vitamin C: 1.04mg (1.26%)