



Montana Panini

READY IN



15 min.

SERVINGS



6

CALORIES



770 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup ranch dressing
- ☐ 1 small avocado pitted peeled mashed
- ☐ 12 slices sourdough bread
- ☐ 3 tablespoons butter softened
- ☐ 0.8 lb turkey cooked thinly sliced (from deli)
- ☐ 12 slices at least of turkey bacon cooked
- ☐ 1 large tomatoes sliced
- ☐ 6 oz monterrey jack cheese

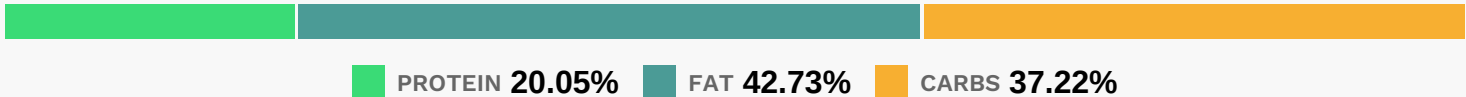
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In small bowl, mix ranch dressing and avocado.
- ☐ Spread 1 side of each bread slice with butter. On work surface, place 6 bread slices butter sides down; top with turkey, bacon, tomato, cheese and dressing mixture. Top with remaining bread slices, butter sides up.
- ☐ In 12-inch skillet, place sandwiches. Cover and cook over medium heat 4 to 5 minutes, turning once, until bread is crisp and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:30.92, Glycemic Load:51.82, Inflammation Score:-8, Nutrition Score:29.825217371402%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg 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: 770.02kcal (38.5%), Fat: 36.84g (56.68%), Saturated Fat: 11.59g (72.43%), Carbohydrates: 72.18g (24.06%), Net Carbohydrates: 66.76g (24.28%), Sugar: 7.57g (8.41%), Cholesterol: 84.26mg (28.09%), Sodium: 1785.52mg (77.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.9g (77.8%), Selenium: 57µg (81.43%), Vitamin B1: 0.99mg (65.67%), Vitamin B3: 11.03mg (55.13%), Phosphorus: 507.65mg (50.77%), Vitamin B2: 0.86mg (50.55%), Folate: 200.04µg (50.01%), Manganese: 0.76mg (38.25%), Iron: 6.44mg (35.79%), Vitamin B6: 0.6mg (30.2%), Calcium: 296.95mg (29.69%), Zinc: 4.03mg (26.86%), Vitamin K: 26.42µg (25.17%), Fiber: 5.42g (21.7%), Magnesium: 80.56mg (20.14%), Copper: 0.36mg (18%), Potassium: 617.2mg (17.63%), Vitamin A: 796.33IU (15.93%), Vitamin B12: 0.85µg (14.19%), Vitamin B5: 1.39mg (13.92%), Vitamin E: 1.96mg (13.09%), Vitamin C: 7.52mg (9.11%),

Vitamin D: 0.41µg (2.75%)