



Mozzarella Pesto Panini

READY IN



10 min.

SERVINGS



1

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup arugula
- 1 Tbsp classico basil pesto sauce and spread traditional
- 2 oz meat from a rotisserie chicken cooked sliced
- 1.5 tsp olive oil extra virgin
- 1 slim cut mozzarella cheese kraft
- 2 slices sourdough bread

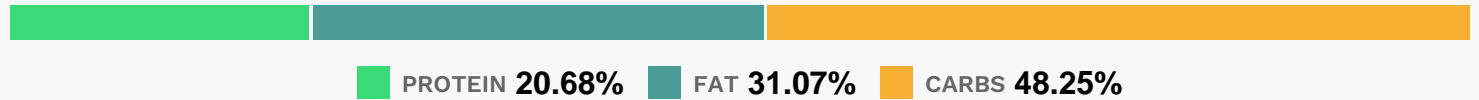
Equipment

- panini press

Directions

- Heat panini grill.
- Spread bread slices with pesto; fill with cheese, chicken and arugula.
- Brush outside of sandwich with oil.
- Cook 4 to 5 min. or until golden brown.

Nutrition Facts



Properties

Glycemic Index:139.5, Glycemic Load:51.25, Inflammation Score:-7, Nutrition Score:21.425652233074%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 564.82kcal (28.24%), Fat: 19.41g (29.87%), Saturated Fat: 3.73g (23.32%), Carbohydrates: 67.84g (22.61%), Net Carbohydrates: 64.7g (23.53%), Sugar: 6.51g (7.23%), Cholesterol: 44.51mg (14.84%), Sodium: 961.09mg (41.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.08g (58.15%), Selenium: 50.74µg (72.49%), Vitamin B1: 0.95mg (63.1%), Vitamin B3: 10.65mg (53.27%), Folate: 165.2µg (41.3%), Vitamin B2: 0.64mg (37.47%), Manganese: 0.7mg (34.84%), Iron: 5.89mg (32.74%), Phosphorus: 249.4mg (24.94%), Vitamin B6: 0.37mg (18.67%), Zinc: 2.25mg (14.97%), Magnesium: 55.42mg (13.85%), Fiber: 3.14g (12.54%), Copper: 0.23mg (11.54%), Calcium: 110.63mg (11.06%), Vitamin B5: 1mg (10.02%), Vitamin K: 10.43µg (9.94%), Vitamin A: 451.06IU (9.02%), Potassium: 298.88mg (8.54%), Vitamin E: 1.26mg (8.43%), Vitamin B12: 0.19µg (3.12%)