



Muffaletta Panini

READY IN



15 min.

SERVINGS



15

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp olives black chopped
- 3 slices oscar mayer deli oven roasted turkey breast fresh
- 2 slices bread italian thin
- 1 Tbsp mayo with olive oil reduced fat mayonnaise kraft
- 1 slim cut mozzarella cheese kraft
- 1 tsp tuscan house dressing italian kraft
- 2 slices tomatoes thin

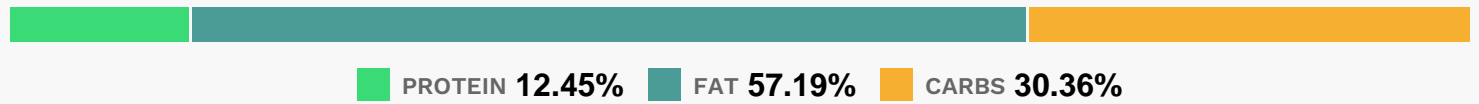
Equipment

- grill
- panini press

Directions

- Heat panini grill.
- Combine olives and dressing.
- Fill bread slices with cheese, turkey, tomatoes and olive mixture.
- Spread outside of sandwich with mayo.
- Grill 5 min. or until golden brown.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.34869565069675%

Nutrients (% of daily need)

Calories: 21.09kcal (1.05%), Fat: 1.35g (2.07%), Saturated Fat: 0.59g (3.66%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 1.5g (0.54%), Sugar: 0.91g (1.01%), Cholesterol: 1.43mg (0.48%), Sodium: 53.72mg (2.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Vitamin B3: 0.34mg (1.7%)