



Panini Florentine

READY IN



25 min.

SERVINGS



25

CALORIES



52 kcal

Ingredients

- 2 Tbsp classic balsamic vinaigrette dressing made with extra virgin olive oil kraft
- 2 Tbsp mayo with olive oil reduced fat mayonnaise kraft
- 4 slim cut mozzarella cheese kraft
- 8 slices grain bread whole
- 2 roasted peppers red cut in half
- 1 lb chicken breasts boneless skinless
- 0.5 cup tightly spinach fresh packed

Equipment

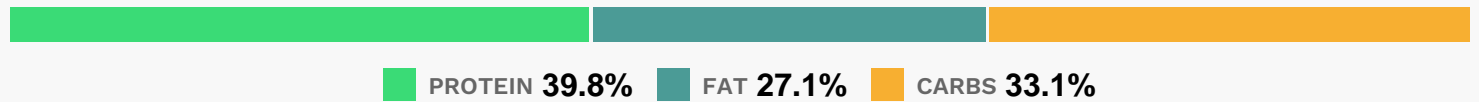
- frying pan

- grill
- panini press

Directions

- Heat dressing in large skillet on medium heat.
- Add chicken; cook 6 to 7 min. on each side or until done (165F).
- Heat panini grill.
- Spread bread slices with mayo; fill with chicken and remaining ingredients to make 4 sandwiches.
- Grill, in batches if necessary, 5 min. or until cheese is melted and sandwiches are golden brown.

Nutrition Facts



Properties

Glycemic Index:5.15, Glycemic Load:2.32, Inflammation Score:-1, Nutrition Score:3.5721739115922%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 51.66kcal (2.58%), Fat: 1.52g (2.34%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 4.19g (1.4%), Net Carbohydrates: 3.6g (1.31%), Sugar: 0.48g (0.53%), Cholesterol: 11.92mg (3.97%), Sodium: 123.43mg (5.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.07%), Selenium: 8.19µg (11.7%), Vitamin B3: 2.31mg (11.55%), Manganese: 0.2mg (10.21%), Vitamin B6: 0.16mg (8.09%), Phosphorus: 58.72mg (5.87%), Vitamin K: 4.24µg (4.04%), Vitamin B5: 0.32mg (3.22%), Vitamin B1: 0.05mg (3.2%), Magnesium: 12.47mg (3.12%), Potassium: 97.67mg (2.79%), Fiber: 0.59g (2.35%), Vitamin C: 1.76mg (2.14%), Vitamin B2: 0.04mg (2.09%), Iron: 0.34mg (1.88%), Zinc: 0.28mg (1.85%), Calcium: 18.31mg (1.83%), Vitamin A: 79.23IU (1.58%), Folate: 6.18µg (1.55%), Copper: 0.03mg (1.5%)