



Panini with Sautéed Spinach and Chickpea Spread

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons capers
- ☐ 0.8 cup chickpeas (garbanzo beans)
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons juice of lemon
- ☐ 2 teaspoons olive oil
- ☐ 0.1 teaspoon pepper
- ☐ 4 cups torn spinach

- ☐ 5 ounce submarine rolls
- ☐ 1 tablespoon water

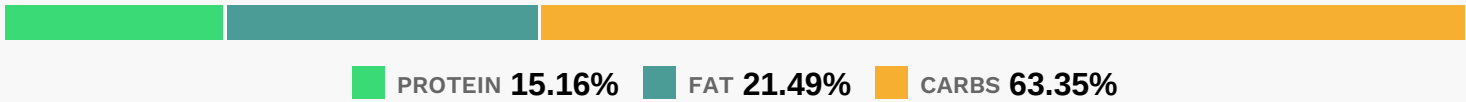
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place first 4 ingredients in a food processor, and process until smooth, scraping sides of processor bowl occasionally. Set aside.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add garlic, and saut 1 minute.
- ☐ Add spinach; saut 1 minute.
- ☐ Remove skillet from heat, and stir in pepper.
- ☐ Slice each roll in half horizontally.
- ☐ Spread chickpea mixture over bottom halves of bread. Top with spinach, and cover with top halves of bread.

Nutrition Facts



Properties

Glycemic Index:96.38, Glycemic Load:26.63, Inflammation Score:-10, Nutrition Score:25.895217283912%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 6.46mg, Kaempferol: 6.46mg, Kaempferol: 6.46mg, Kaempferol: 6.46mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 331.5kcal (16.57%), Fat: 8.1g (12.46%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 53.71g (17.9%), Net Carbohydrates: 46.45g (16.89%), Sugar: 7.94g (8.83%), Cholesterol: 0mg (0%), Sodium: 400.23mg (17.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.85g (25.71%), Vitamin K: 295.42µg (281.35%), Vitamin A: 5647.42IU (112.95%), Iron: 14.17mg (78.7%), Manganese: 1.24mg (62.06%), Folate: 225.75µg (56.44%), Vitamin C: 24.49mg (29.68%), Fiber: 7.26g (29.04%), Magnesium: 79.52mg (19.88%), Copper: 0.32mg (15.81%), Potassium: 543.75mg (15.54%), Phosphorus: 138.91mg (13.89%), Vitamin E: 2.05mg (13.69%), Vitamin B6: 0.25mg (12.37%), Calcium: 103.86mg (10.39%), Vitamin B2: 0.16mg (9.45%), Zinc: 1.31mg (8.73%), Vitamin B1: 0.13mg (8.55%), Selenium: 3.35µg (4.78%), Vitamin B3: 0.81mg (4.04%), Vitamin B5: 0.25mg (2.55%)