



Peppery Turkey-and-Brie Panini

READY IN



13 min.

SERVINGS



8

CALORIES



667 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz brie round
- 2 tablespoons butter melted
- 0.5 cup pepper jelly red
- 16 slices multigrain sourdough bread
- 2 pounds turkey smoked thinly sliced

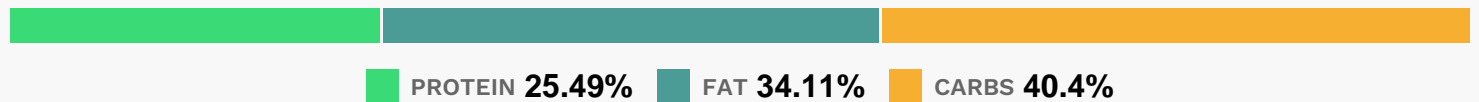
Equipment

- panini press

Directions

- Trim and discard rind from Brie.
- Cut Brie into 1/2-inch-thick slices.
- Layer 8 bread slices evenly with turkey and Brie.
- Spread 1 Tbsp. pepper jelly on 1 side of each remaining 8 bread slices; place, jelly sides down, onto Brie.
- Brush sandwiches with melted butter.
- Cook sandwiches, in batches, in a preheated panini press 2 to 3 minutes or until golden brown.
- Note: For testing purposes only, we used Braswell's Red Pepper Jelly.

Nutrition Facts



Properties

Glycemic Index:23.69, Glycemic Load:51.39, Inflammation Score:-8, Nutrition Score:28.57999996517%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 666.74kcal (33.34%), Fat: 25.23g (38.81%), Saturated Fat: 12.91g (80.67%), Carbohydrates: 67.23g (22.41%), Net Carbohydrates: 64.22g (23.35%), Sugar: 6.59g (7.33%), Cholesterol: 118.65mg (39.55%), Sodium: 1217.96mg (52.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.43g (84.85%), Selenium: 61.51µg (87.87%), Vitamin B1: 0.99mg (65.99%), Vitamin B3: 12.61mg (63.04%), Vitamin B2: 0.98mg (57.71%), Folate: 202.02µg (50.5%), Vitamin B6: 0.77mg (38.57%), Phosphorus: 384.93mg (38.49%), Manganese: 0.71mg (35.44%), Iron: 6mg (33.35%), Vitamin B12: 1.87µg (31.09%), Zinc: 4.06mg (27.04%), Magnesium: 72.91mg (18.23%), Calcium: 174.71mg (17.47%), Vitamin B5: 1.48mg (14.81%), Vitamin A: 738.81IU (14.78%), Vitamin C: 11.92mg (14.45%), Copper: 0.27mg (13.41%), Potassium: 431.39mg (12.33%), Fiber: 3.01g (12.05%), Vitamin E: 0.7mg (4.65%), Vitamin D: 0.51µg (3.38%), Vitamin K: 2.82µg (2.69%)