



Pesto-Chicken Panini

READY IN



15 min.

SERVINGS



15

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp classico basil pesto sauce and spread traditional
- 0.3 cup low-moisture part-skim mozzarella cheese shredded kraft
- 2 slices multi-grain bread
- 0.5 cup rotisserie chicken cut shredded

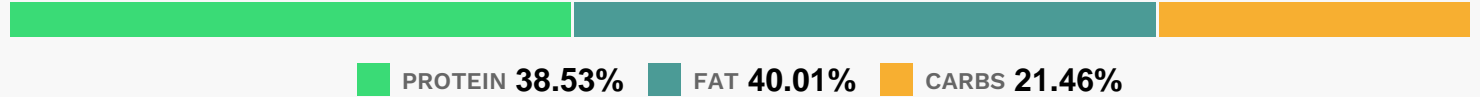
Equipment

- grill
- panini press

Directions

- Heat panini grill.
- Combine chicken and pesto; spread onto 1 bread slice.
- Top with cheese and remaining bread slice.
- Grill 3 to 5 min. or until cheese is melted and sandwich is golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:4.65, Glycemic Load:0.97, Inflammation Score:-1, Nutrition Score:0.80956521014804%

Nutrients (% of daily need)

Calories: 32.6kcal (1.63%), Fat: 1.44g (2.22%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 1.74g (0.58%), Net Carbohydrates: 1.5g (0.55%), Sugar: 0.22g (0.24%), Cholesterol: 8.85mg (2.95%), Sodium: 65.07mg (2.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Manganese: 0.08mg (3.99%), Calcium: 22.29mg (2.23%), Selenium: 1.23µg (1.76%), Phosphorus: 16.56mg (1.66%)