



WHATSheATE



## Ranch Chicken and Bacon Panini



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 8 slices d precooked bacon cut in half
- ☐ 3 oz cheddar cheese
- ☐ 11 ounce country loaf refrigerated french italian pillsbury® canned
- ☐ 0.3 cup ranch dressing
- ☐ 3 chicken breasts boneless skinless cooked

### Equipment

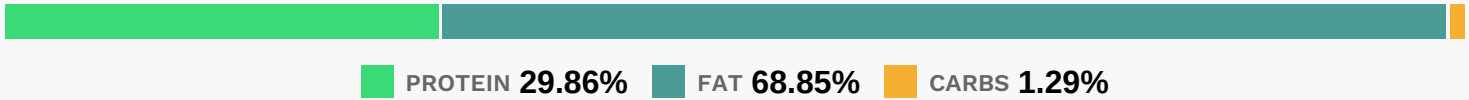
- ☐ grill
- ☐ cutting board

☐ panini press

Directions

- ☐ Heat closed contact grill or panini maker 5 minutes.
- ☐ Meanwhile, on cutting board, carefully unroll dough.
- ☐ Cut into 8 rectangles.
- ☐ Place 2 rectangles on grill; close grill. Cook 1 to 2 minutes or until lightly browned.
- ☐ Remove from grill. Repeat with remaining rectangles.
- ☐ Spread 1 tablespoon dressing on each of 4 rectangles.
- ☐ Cut chicken breasts crosswise into 1/2-inch slices.
- ☐ Layer sliced chicken, cheese and bacon over dressing. Top with remaining rectangles.
- ☐ Place 2 sandwiches on grill; close grill. Cook 2 to 3 minutes or until golden brown and cheese is melted. Repeat with remaining sandwiches. If desired, serve with mayonnaise or mustard.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:21.663478047951%

Nutrients (% of daily need)

Calories: 620.79kcal (31.04%), Fat: 46.64g (71.75%), Saturated Fat: 16.12g (100.74%), Carbohydrates: 1.97g (0.66%), Net Carbohydrates: 1.97g (0.72%), Sugar: 0.77g (0.86%), Cholesterol: 156.78mg (52.26%), Sodium: 1589.19mg (69.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.51g (91.03%), Selenium: 60.2µg (86%), Vitamin B3: 14.11mg (70.53%), Vitamin B6: 1.07mg (53.36%), Phosphorus: 533.45mg (53.35%), Vitamin B1: 0.65mg (43.51%), Zinc: 3.63mg (24.17%), Vitamin B2: 0.4mg (23.5%), Vitamin B5: 2.02mg (20.16%), Vitamin K: 20.78µg (19.79%), Vitamin B12: 1.14µg (18.99%), Potassium: 649.64mg (18.56%), Calcium: 166.42mg (16.64%), Magnesium: 48.62mg (12.15%), Vitamin E: 1.12mg (7.49%), Iron: 1.25mg (6.95%), Vitamin D: 0.95µg (6.33%), Copper: 0.12mg (5.8%), Vitamin A: 260.45IU (5.21%), Folate: 10.79µg (2.7%), Manganese: 0.04mg (1.84%), Vitamin C: 1.02mg (1.23%)