



Red, White & Blue Cheese Panini (aka Turkey Cobb)

READY IN



31 min.

SERVINGS



4

CALORIES



832 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado thinly sliced
- ☐ 8 slices bacon cooked
- ☐ 8 oven roasted tomatoes drained
- ☐ 4 ounces gorgonzola cheese
- ☐ 4 servings mayonnaise to taste
- ☐ 4 servings olive oil for brushing
- ☐ 8 leaves romaine lettuce
- ☐ 8 slices sourdough bread

☐ 0.5 lb turkey breast sliced

Equipment

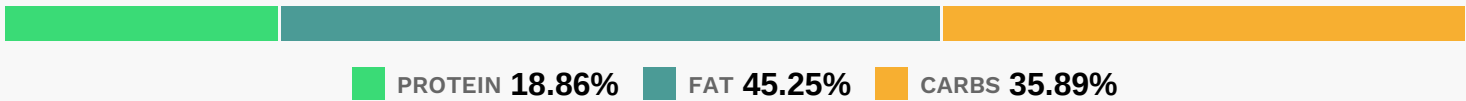
☐ oven

☐ grill

Directions

- ☐ Spread a thin layer of mayonnaise on one slice of bread.
- ☐ Add 3–4 slices of turkey, two slices of bacon, 1/4 of the avocado, 2–3 sundried or oven-roasted tomatoes and 1–2 tablespoons of Gorgonzola cheese. Close the sandwich with a second slice of bread.
- ☐ Brush a little olive oil on top. Grill the sandwich for 3–4 minutes until the bread is toasted the cheese has softened.
- ☐ Remove the sandwich from the grill, flip it over and carefully remove the bottom slice of bread.
- ☐ Add in two slices of romaine lettuce and replace the bottom slice of bread. Turn the sandwich right-side up, slice it in half and serve immediately.

Nutrition Facts



Properties

Glycemic Index:56.88, Glycemic Load:52.29, Inflammation Score:-10, Nutrition Score:41.620869294457%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 831.58kcal (41.58%), Fat: 42.46g (65.32%), Saturated Fat: 11.57g (72.32%), Carbohydrates: 75.75g (25.25%), Net Carbohydrates: 67.9g (24.69%), Sugar: 8.61g (9.57%), Cholesterol: 69.4mg (23.13%), Sodium: 1520.14mg (66.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.82g (79.65%), Vitamin A: 5222.09IU (104.44%), Selenium: 62.44µg (89.2%), Vitamin K: 86.2µg (82.09%), Vitamin B3: 15.18mg (75.89%), Vitamin B1: 1.12mg (74.72%), Folate: 291.4µg (72.85%), Vitamin B2: 0.9mg (52.79%), Phosphorus: 498.01mg (49.8%), Manganese: 0.91mg (45.65%), Vitamin B6: 0.89mg (44.66%), Iron: 6.82mg (37.89%), Fiber: 7.85g (31.4%), Potassium: 959.56mg (27.42%), Zinc: 3.85mg (25.65%), Calcium: 255.31mg (25.53%), Vitamin E: 3.7mg (24.68%), Magnesium: 96.83mg (24.21%), Vitamin B5: 2.4mg (24.04%), Copper: 0.43mg (21.6%), Vitamin B12: 0.88µg (14.7%), Vitamin C: 8.83mg (10.71%), Vitamin D: 0.27µg (1.8%)