



Rosemary-Chicken Panini with Spinach and Sun-Dried Tomatoes

READY IN



70 min.

SERVINGS



4

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 16 ounce chicken cutlets
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1 teaspoon rosemary leaves fresh chopped
- ☐ 8 garlic clove thinly sliced
- ☐ 1 ounce bread crumbs italian country-style
- ☐ 0.3 cup sun-dried tomatoes drained chopped

- ☐ 2 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 0.4 teaspoon salt divided
- ☐ 2 ounces mozzarella fresh shredded

Equipment

- ☐ frying pan
- ☐ ziploc bags
- ☐ grill pan

Directions

- ☐ Combine 2 teaspoons olive oil, rosemary, and chicken in a large zip-top plastic bag. Seal and marinate in refrigerator 30 minutes.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add remaining 4 teaspoons oil to pan.
- ☐ Add sun-dried tomato, red pepper, and garlic; saut 1 minute or until garlic begins to brown.
- ☐ Add spinach; cook 1 minute or until spinach barely wilts. Stir in 1/8 teaspoon salt; set aside.
- ☐ Heat a grill pan over medium-high heat; coat with cooking spray.
- ☐ Sprinkle chicken with remaining 1/4 teaspoon salt and black pepper. Cook chicken 3 minutes on each side or until done.
- ☐ Remove chicken from pan; keep pan on medium-high heat.
- ☐ Top each of 4 bread slices with 1 tablespoon cheese, 1 chicken cutlet, one quarter of spinach mixture, 1 additional tablespoon cheese, and remaining 4 bread slices.
- ☐ Recoat grill pan with cooking spray. Arrange 2 sandwiches in pan.
- ☐ Place a cast-iron or heavy skillet on top of sandwiches; press gently to flatten. Cook 4 minutes on each side (leave skillet on sandwiches while they cook). Repeat procedure with remaining 2 sandwiches.
- ☐ Cut each sandwich in half; serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.84, Inflammation Score:-10, Nutrition Score:27.253478148709%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 306.96kcal (15.35%), Fat: 16.78g (25.82%), Saturated Fat: 5g (31.25%), Carbohydrates: 9.22g (3.07%), Net Carbohydrates: 7.47g (2.72%), Sugar: 2.58g (2.87%), Cholesterol: 83.77mg (27.92%), Sodium: 518.81mg (22.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.75g (59.5%), Vitamin K: 210.43µg (200.41%), Vitamin A: 4225.9IU (84.52%), Vitamin B3: 12.77mg (63.84%), Selenium: 40.2µg (57.42%), Vitamin B6: 1.04mg (51.77%), Phosphorus: 330.81mg (33.08%), Manganese: 0.54mg (27.24%), Vitamin C: 22.19mg (26.89%), Folate: 94.31µg (23.58%), Potassium: 817mg (23.34%), Magnesium: 74.41mg (18.6%), Vitamin B5: 1.73mg (17.34%), Vitamin B2: 0.27mg (16.11%), Vitamin E: 2.14mg (14.29%), Calcium: 134.21mg (13.42%), Iron: 2.13mg (11.83%), Vitamin B1: 0.15mg (9.69%), Zinc: 1.44mg (9.59%), Vitamin B12: 0.55µg (9.17%), Fiber: 1.75g (7%), Copper: 0.14mg (6.98%), Vitamin D: 0.17µg (1.13%)