



Sautéed Greens, Smoked Turkey, and Provolone Panini

READY IN



15 min.

SERVINGS



4

CALORIES



186 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 ounce ciabatta bread
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 large garlic cloves minced
- ☐ 5 ounces kale chopped
- ☐ 1 tablespoon olive oil
- ☐ 4 ounces provolone cheese thinly sliced reduced-fat
- ☐ 4 ounces turkey breast smoked thinly sliced (such as Applegate Farms)
- ☐ 2 tablespoons water

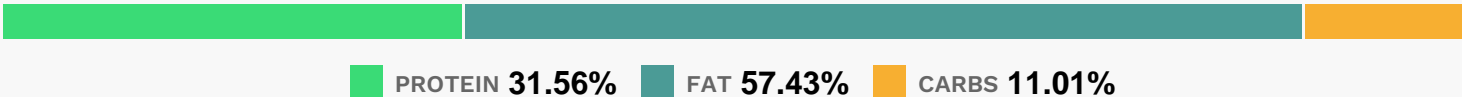
Equipment

- ☐ frying pan
- ☐ grill pan

Directions

- ☐ Heat a large cast-iron skillet over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add red pepper and garlic, and cook 1 minute, stirring frequently.
- ☐ Add kale and 2 tablespoons water; cook 4 minutes or until kale wilts, stirring occasionally.
- ☐ Divide half of cheese evenly among 4 bread slices. Top evenly with smoked turkey and kale mixture. Top evenly with remaining half of cheese and remaining bread slices.
- ☐ Heat a grill pan over medium-high heat. Lightly coat both sides of sandwiches with cooking spray. Arrange sandwiches in pan.
- ☐ Place cast-iron skillet on top of sandwiches; press gently to flatten. Cook sandwiches 2 minutes on each side or until cheese melts and bread is toasted (leave skillet on sandwiches while they cook).
- ☐ Cut each sandwich in half.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.34, Inflammation Score:-10, Nutrition Score:18.112608655639%

Flavonoids

Isorhamnetin: 8.36mg, Isorhamnetin: 8.36mg, Isorhamnetin: 8.36mg, Isorhamnetin: 8.36mg Kaempferol: 16.59mg, Kaempferol: 16.59mg, Kaempferol: 16.59mg, Kaempferol: 16.59mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.03mg, Quercetin: 8.03mg, Quercetin: 8.03mg, Quercetin: 8.03mg

Nutrients (% of daily need)

Calories: 186.24kcal (9.31%), Fat: 12.1g (18.62%), Saturated Fat: 5.5g (34.38%), Carbohydrates: 5.22g (1.74%), Net Carbohydrates: 3.64g (1.32%), Sugar: 0.48g (0.53%), Cholesterol: 34.87mg (11.62%), Sodium: 312.08mg (13.57%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.96g (29.93%), Vitamin K: 141.09µg (134.37%), Vitamin A: 3832.49IU (76.65%), Vitamin C: 33.57mg (40.69%), Calcium: 311.69mg (31.17%), Phosphorus: 229.68mg (22.97%), Vitamin B3: 3.3mg (16.5%), Selenium: 11.1µg (15.86%), Vitamin B6: 0.31mg (15.69%), Vitamin B2: 0.26mg (15.17%), Manganese: 0.27mg (13.28%), Vitamin B12: 0.59µg (9.88%), Zinc: 1.45mg (9.64%), Potassium: 239.54mg (6.84%), Magnesium: 27.36mg (6.84%), Folate: 26.87µg (6.72%), Fiber: 1.59g (6.35%), Vitamin E: 0.87mg (5.79%), Iron: 0.93mg (5.19%), Vitamin B5: 0.4mg (3.97%), Vitamin B1: 0.06mg (3.87%), Copper: 0.05mg (2.39%), Vitamin D: 0.17µg (1.13%)