



Smashed Chickpea and Avocado Panini



Vegetarian



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



672 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces asiago sliced
- ☐ 1 large avocado pitted ripe peeled quartered
- ☐ 2 tablespoons basil chopped
- ☐ 4 tablespoons basil pesto
- ☐ 4 tablespoons butter at room temperature
- ☐ 15 ounce garbanzo beans rinsed peeled drained canned
- ☐ 4 servings coarse salt and pepper black freshly ground
- ☐ 8 slices bread italian sliced

- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 2 tablespoons parsley italian chopped
- ☐ 0.3 cup roasted bell peppers red sliced
- ☐ 2 tablespoons scallions chopped

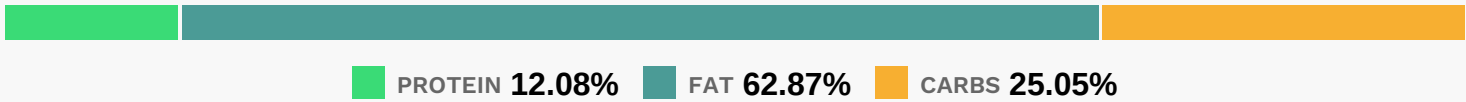
Equipment

- ☐ bowl
- ☐ potato masher
- ☐ grill
- ☐ panini press

Directions

- ☐ Heat the panini press to medium-high heat.In a medium bowl, mash the chickpeas and avocado together with a fork or potato masher (it doesn't need to be smooth – in fact, I think it tastes best with a chunky texture).
- ☐ Spread butter on two slices of bread to flavor the outside of the sandwich. Flip over both slices and spread a thin layer of pesto on the other side of each slice. Top one slice with cheese, a generous amount of smashed chickpea and avocado salad, roasted red bell peppers and more cheese. Close the sandwich with the other slice of bread, buttered side up.Grill two panini at a time, with the lid closed, until the cheese is melted and the bread is toasted, 4 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:80.83, Glycemic Load:4.6, Inflammation Score:-8, Nutrition Score:20.772608588571%

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 Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg

1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 672.1kcal (33.6%), Fat: 47.88g (73.66%), Saturated Fat: 21.79g (136.17%), Carbohydrates: 42.92g (14.31%), Net Carbohydrates: 32.93g (11.97%), Sugar: 13.69g (15.21%), Cholesterol: 50.58mg (16.86%), Sodium: 1253.41mg (54.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.7g (41.4%), Vitamin K: 55.34µg (52.7%), Manganese: 0.99mg (49.69%), Calcium: 417.58mg (41.76%), Fiber: 10g (39.99%), Vitamin B6: 0.68mg (34.14%), Phosphorus: 331.42mg (33.14%), Folate: 103.44µg (25.86%), Vitamin A: 1260.62IU (25.21%), Vitamin C: 15.51mg (18.8%), Iron: 3.03mg (16.84%), Magnesium: 66.65mg (16.66%), Potassium: 557.18mg (15.92%), Vitamin B3: 3mg (15.01%), Copper: 0.29mg (14.52%), Zinc: 1.99mg (13.26%), Vitamin B2: 0.23mg (13.25%), Selenium: 8.91µg (12.73%), Vitamin B5: 1.19mg (11.87%), Vitamin E: 1.48mg (9.86%), Vitamin B1: 0.14mg (9.55%), Vitamin B12: 0.36µg (6.07%)