



Smoky Chicken Panini with Basil Mayo

READY IN



45 min.

SERVINGS



4

CALORIES



965 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby spinach loosely packed
- ☐ 3 tablespoons butter melted
- ☐ 1 lb skinned and boned chicken breasts
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.5 pound gouda cheese smoked sliced
- ☐ 0.5 teaspoon lemon zest
- ☐ 0.5 cup mayonnaise
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt

- ☐ 8 slices sourdough bread
- ☐ 0.3 cup sun-dried tomatoes thinly sliced

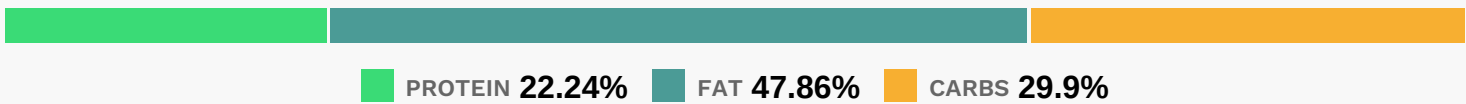
Equipment

- ☐ grill
- ☐ panini press

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Sprinkle chicken with salt and pepper. Grill chicken, covered with grill lid, 7 to 10 minutes on each side or until done.
- ☐ Let stand 10 minutes, and cut into slices.
- ☐ Stir together mayonnaise and next 2 ingredients.
- ☐ Spread mixture on 1 side of each bread slice. Top 4 bread slices with chicken, Gouda, and next 2 ingredients. Top with remaining bread slices, mayonnaise mixture sides down.
- ☐ Brush sandwiches with melted butter.
- ☐ Cook sandwiches, in batches, in a preheated panini press 2 to 3 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:92.88, Glycemic Load:52.58, Inflammation Score:-9, Nutrition Score:40.135217314181%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 964.93kcal (48.25%), Fat: 51.27g (78.88%), Saturated Fat: 20.01g (125.05%), Carbohydrates: 72.07g (24.02%), Net Carbohydrates: 68.19g (24.8%), Sugar: 9.97g (11.08%), Cholesterol: 171.55mg (57.18%), Sodium:

1915.82mg (83.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.6g (107.2%), Selenium: 82.33µg (117.61%), Vitamin B3: 18.72mg (93.62%), Vitamin K: 92.24µg (87.84%), Phosphorus: 719.35mg (71.94%), Vitamin B1: 1.04mg (69.63%), Vitamin B6: 1.07mg (53.69%), Vitamin B2: 0.91mg (53.36%), Calcium: 491.43mg (49.14%), Folate: 195.55µg (48.89%), Manganese: 0.91mg (45.52%), Iron: 6.49mg (36.07%), Zinc: 4.44mg (29.59%), Vitamin A: 1450.41IU (29.01%), Magnesium: 107.43mg (26.86%), Potassium: 927.96mg (26.51%), Vitamin B5: 2.45mg (24.48%), Vitamin B12: 1.15µg (19.19%), Copper: 0.36mg (18.17%), Fiber: 3.88g (15.54%), Vitamin E: 1.94mg (12.96%), Vitamin C: 6.67mg (8.08%), Vitamin D: 0.45µg (3.02%)