



## Southwest Chicken Panini

READY IN



10 min.

SERVINGS



10

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 Tbsp chipotle aioli kraft
- 4 slices oscar mayer deli rotisserie seasoned chicken breast fresh
- 1 big colby jack cheese kraft
- 1 6-inch flour tortilla ()
- 2 Tbsp cilantro leaves fresh chopped
- 0.3 cup pepper strips red

### Equipment

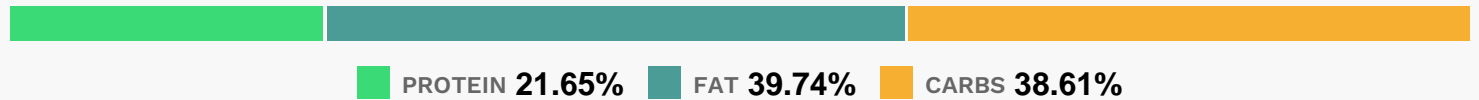
- grill

panini press

## Directions

- Heat panini grill sprayed with cooking spray.
- Spread tortilla with aioli.
- Layer remaining ingredients on half of the tortilla; fold tortilla in half.
- Grill 2 to 3 min. or until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:9.8, Glycemic Load:0.52, Inflammation Score:-1, Nutrition Score:1.1947826046659%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 21.8kcal (1.09%), Fat: 0.93g (1.43%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 2.04g (0.68%), Net Carbohydrates: 1.85g (0.67%), Sugar: 0.31g (0.34%), Cholesterol: 3.01mg (1%), Sodium: 85.38mg (3.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.29%), Vitamin C: 4.79mg (5.81%), Vitamin B3: 0.6mg (3.02%), Vitamin A: 123.45IU (2.47%), Phosphorus: 19.98mg (2%), Selenium: 1.32µg (1.89%), Vitamin B6: 0.03mg (1.71%), Vitamin B1: 0.02mg (1.3%), Folate: 4.94µg (1.23%), Manganese: 0.02mg (1.02%)