



## Southwest Chicken Salad Panini

READY IN



20 min.

SERVINGS



20

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 tsp chili powder
- 2 cups chicken breasts cooked finely chopped
- 8 slices bread italian
- 4 milk singles 2% kraft
- 2 Tbsp miracle whip dressing light
- 2 Tbsp lite ranch dressing kraft
- 1 large tomatoes cut into 8 thin slices

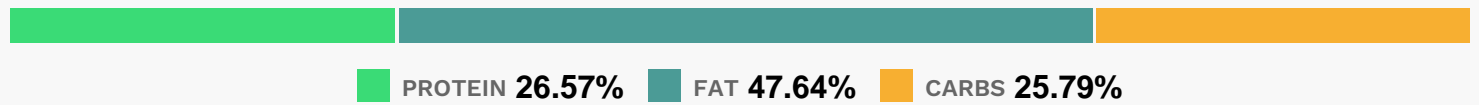
### Equipment

- grill
- panini press

## Directions

- Heat panini grill.
- Combine first 4 ingredients.
- Fill bread slices with chicken mixture, tomatoes and 2% Milk Singles to make 4 sandwiches.
- Grill 3 to 5 min. or until Singles are melted and sandwiches are golden brown.

## Nutrition Facts



## Properties

Glycemic Index:1.9, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:2.3373913029614%

## Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 77.84kcal (3.89%), Fat: 4.09g (6.29%), Saturated Fat: 1.8g (11.26%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 4.49g (1.63%), Sugar: 2.97g (3.3%), Cholesterol: 12.45mg (4.15%), Sodium: 70.03mg (3.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.26%), Vitamin B3: 2.36mg (11.79%), Selenium: 3.96µg (5.66%), Vitamin B6: 0.1mg (4.8%), Phosphorus: 40.73mg (4.07%), Vitamin K: 2.99µg (2.84%), Vitamin A: 140.66IU (2.81%), Potassium: 80.74mg (2.31%), Iron: 0.38mg (2.11%), Fiber: 0.49g (1.96%), Folate: 7.09µg (1.77%), Magnesium: 6.82mg (1.7%), Vitamin B1: 0.03mg (1.68%), Vitamin B2: 0.03mg (1.67%), Vitamin B5: 0.16mg (1.58%), Vitamin C: 1.25mg (1.51%), Vitamin E: 0.2mg (1.32%), Zinc: 0.18mg (1.22%)