



Turkey and Sun-dried Tomato Panini

READY IN



15 min.

SERVINGS



1

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 slices ciabatta bread
- ☐ 0.5 teaspoon penzey's southwest seasoning italian
- ☐ 2 slices provolone cheese
- ☐ 3 sun-dried tomatoes packed in oil, drained and chopped
- ☐ 6 slices turkey breast deli-style sliced

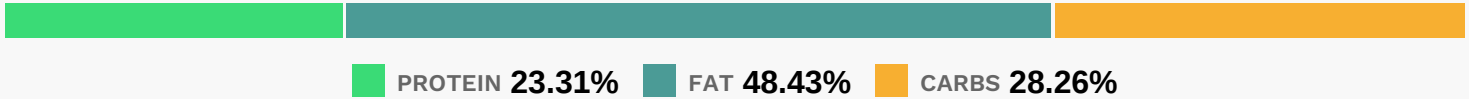
Equipment

- ☐ panini press

Directions

- ☐ Preheat a panini press according to manufacturer's instructions for medium heat.
- ☐ Butter one side of each piece of bread.
- ☐ Lay 1 slice bread, butter side down, on the preheated panini press; layer with turkey, provolone cheese, and sun-dried tomatoes.
- ☐ Sprinkle with Italian seasoning. Top with second slice of bread.
- ☐ Press panini maker down and cook until provolone cheese has melted and bread is toasted, about 5 minutes.
- ☐ Cut in half and serve warm.

Nutrition Facts



Properties

Glycemic Index:112, Glycemic Load:1.02, Inflammation Score:-5, Nutrition Score:12.871304294337%

Nutrients (% of daily need)

Calories: 462.81kcal (23.14%), Fat: 25.02g (38.49%), Saturated Fat: 14.67g (91.66%), Carbohydrates: 32.84g (10.95%), Net Carbohydrates: 31.06g (11.29%), Sugar: 3.23g (3.59%), Cholesterol: 94.54mg (31.51%), Sodium: 1347.79mg (58.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.09g (54.17%), Phosphorus: 408.9mg (40.89%), Calcium: 324.13mg (32.41%), Vitamin B3: 6.23mg (31.16%), Selenium: 16.17µg (23.09%), Vitamin B6: 0.38mg (18.92%), Vitamin B2: 0.27mg (16.14%), Potassium: 563.58mg (16.1%), Vitamin A: 753.71IU (15.07%), Vitamin B12: 0.87µg (14.45%), Zinc: 2.12mg (14.13%), Vitamin K: 10.61µg (10.11%), Magnesium: 40.08mg (10.02%), Manganese: 0.17mg (8.73%), Iron: 1.44mg (8.01%), Fiber: 1.78g (7.12%), Copper: 0.12mg (6.01%), Vitamin B5: 0.57mg (5.66%), Vitamin B1: 0.07mg (4.73%), Vitamin E: 0.7mg (4.65%), Folate: 13.79µg (3.45%), Vitamin C: 2.38mg (2.88%), Vitamin D: 0.35µg (2.31%)