



WHATSheATE



Turkey Antipasto Panini

READY IN



10 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 basil leaves
- ☐ 0.9 ounce top italian chicago-style
- ☐ 8 ounces lower-sodium deli turkey shaved (such as Boar's Head)
- ☐ 2 tablespoons mayonnaise reduced-fat
- ☐ 6 ounce marinated artichoke hearts drained coarsely chopped quartered
- ☐ 4 ounce provolone cheese reduced-fat (such as Alpine Lace)
- ☐ 0.5 cup bottled roasted bell peppers red sliced
- ☐ 0.5 cup moist sun-dried tomato halves packed sliced

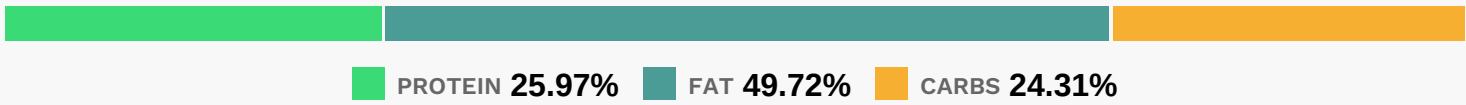
Equipment

- ☐ grill
- ☐ panini press

Directions

- ☐ Preheat panini grill.
- ☐ Spread mayonnaise evenly over each bread slice. Top each of 4 bread slices evenly with turkey, artichokes, tomato, bell pepper, basil leaves, and cheese. Top with remaining bread slices. Coat both sides of sandwiches with cooking spray.
- ☐ Place sandwiches on panini grill. Grill 3 to 4 minutes or until bread is browned and cheese melts.
- ☐ Cut panini in half before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:1.97, Inflammation Score:-7, Nutrition Score:12.152608588986%

Nutrients (% of daily need)

Calories: 285.06kcal (14.25%), Fat: 16.04g (24.68%), Saturated Fat: 6.92g (43.26%), Carbohydrates: 17.65g (5.88%), Net Carbohydrates: 14.65g (5.33%), Sugar: 8.94g (9.94%), Cholesterol: 38.82mg (12.94%), Sodium: 1379.44mg (59.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.85g (37.69%), Phosphorus: 328.69mg (32.87%), Vitamin C: 22.67mg (27.48%), Calcium: 253.91mg (25.39%), Potassium: 672.08mg (19.2%), Vitamin A: 954.09IU (19.08%), Copper: 0.37mg (18.65%), Manganese: 0.3mg (14.95%), Iron: 2.65mg (14.75%), Vitamin K: 15.28µg (14.55%), Magnesium: 53.84mg (13.46%), Fiber: 2.99g (11.98%), Zinc: 1.74mg (11.57%), Vitamin B2: 0.17mg (10.01%), Vitamin B3: 1.68mg (8.42%), Selenium: 5.11µg (7.29%), Vitamin B12: 0.41µg (6.9%), Vitamin B1: 0.09mg (6.15%), Folate: 20.1µg (5.02%), Vitamin B6: 0.1mg (4.97%), Vitamin B5: 0.44mg (4.35%), Vitamin E: 0.23mg (1.53%)