



Turkey, Artichoke and Parmesan Panini

READY IN



25 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 oz marinated artichoke drained chopped
- 0.3 cup salad dressing
- 0.5 cup parmesan cheese grated
- 0.3 teaspoon pepper freshly ground
- 4 sandwich rolls
- 2 tablespoons vegetable oil
- 12 oz deli- turkey
- 1 medium bell pepper red cut into rings

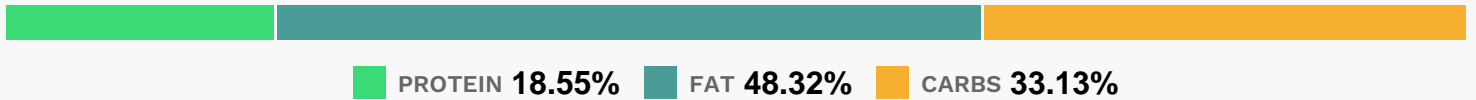
Equipment

- bowl
- grill

Directions

- Heat closed contact grill 5 minutes.
- In small bowl, mix artichoke hearts, mayonnaise, cheese and black pepper.
- Cut rolls in half horizontally.
- Brush outside of each half with oil.
- Spread 1/4 cup of the artichoke mixture on bottom half of each roll.
- Place 3 oz of the turkey on artichoke mixture; top with bell pepper. Cover with remaining half of roll.
- When grill is heated, place sandwiches on grill. Close grill; grill 4 minutes or until bread is toasted and cheese is melted. Slice diagonally; serve warm.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.39, Inflammation Score:-9, Nutrition Score:21.188260441241%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 506.75kcal (25.34%), Fat: 26.8g (41.24%), Saturated Fat: 5.39g (33.71%), Carbohydrates: 41.36g (13.79%), Net Carbohydrates: 37.7g (13.71%), Sugar: 5.48g (6.09%), Cholesterol: 52.55mg (17.52%), Sodium: 1762.81mg (76.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.15g (46.3%), Vitamin C: 56mg (67.88%), Selenium: 38.05µg (54.35%), Vitamin B3: 8.82mg (44.1%), Vitamin A: 1896.05IU (37.92%), Phosphorus: 358.16mg (35.82%), Vitamin B6: 0.48mg (23.76%), Vitamin B2: 0.38mg (22.56%), Vitamin K: 22.95µg (21.85%), Vitamin B1: 0.33mg (21.82%), Calcium: 198.11mg (19.81%), Folate: 72.01µg (18%), Iron: 3.08mg (17.08%), Manganese: 0.34mg (16.88%),

Fiber: 3.67g (14.67%), Potassium: 476.86mg (13.62%), Zinc: 1.96mg (13.08%), Vitamin E: 1.76mg (11.75%), Magnesium: 40.44mg (10.11%), Vitamin B12: 0.48µg (8.06%), Copper: 0.13mg (6.39%), Vitamin B5: 0.63mg (6.27%), Vitamin D: 0.23µg (1.55%)