



Turkey Avocado Panini

READY IN



25 min.

SERVINGS



2

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 avocado ripe
- ☐ 2 ciabatta rolls
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon olive oil divided
- ☐ 2 slices provolone cheese
- ☐ 2 roasted peppers red sliced into strips
- ☐ 1 cup spinach leaves fresh whole divided
- ☐ 0.3 pound mesquite turkey breast smoked thinly sliced

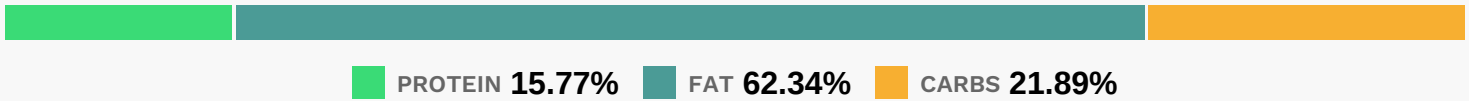
Equipment

- ☐ bowl
- ☐ grill
- ☐ panini press

Directions

- ☐ Mash the avocado and the mayonnaise together in a bowl until thoroughly mixed.
- ☐ Preheat a panini sandwich press.
- ☐ To make the sandwiches, split the ciabatta rolls in half the flat way, and brush the bottom of each roll with olive oil.
- ☐ Place the bottoms of the rolls onto the panini press, olive oil side down.
- ☐ Place a provolone cheese slice, half the spinach leaves, half the sliced turkey breast, and a sliced roasted red pepper on each sandwich.
- ☐ Spread half of the avocado mixture on the cut surface of each top, and place the top of the roll on the sandwich.
- ☐ Brush the top of the roll with olive oil.
- ☐ Close the panini press and cook until the bun is toasted and crisp, with golden brown grill marks, and the cheese has melted, about 5 to 8 minutes.

Nutrition Facts



Properties

Glycemic Index:74.5, Glycemic Load:0.63, Inflammation Score:-9, Nutrition Score:21.24217387386%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.05mg,

Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 594.99kcal (29.75%), Fat: 41.89g (64.44%), Saturated Fat: 8.98g (56.1%), Carbohydrates: 33.1g (11.03%), Net Carbohydrates: 28.35g (10.31%), Sugar: 0.69g (0.77%), Cholesterol: 55.49mg (18.5%), Sodium: 1229.17mg (53.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.84g (47.67%), Vitamin K: 133.27µg (126.93%), Vitamin A: 1869.05IU (37.38%), Vitamin B3: 6.84mg (34.21%), Vitamin B6: 0.68mg (33.99%), Vitamin C: 26.44mg (32.05%), Phosphorus: 274.81mg (27.48%), Selenium: 16.73µg (23.9%), Vitamin E: 3.35mg (22.33%), Folate: 82.99µg (20.75%), Fiber: 4.76g (19.03%), Calcium: 189.94mg (18.99%), Potassium: 550.53mg (15.73%), Vitamin B2: 0.25mg (14.9%), Manganese: 0.27mg (13.65%), Vitamin B5: 1.3mg (13%), Magnesium: 50.27mg (12.57%), Zinc: 1.86mg (12.4%), Vitamin B12: 0.67µg (11.14%), Copper: 0.2mg (10.14%), Iron: 1.48mg (8.23%), Vitamin B1: 0.08mg (5.32%), Vitamin D: 0.21µg (1.38%)