



WHATSheATE



HEALTH SCORE

52%

Turkey, Dressing and Cranberry Panini

READY IN



10 min.

SERVINGS



1

CALORIES



1063 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices day old bread such as ciabatta thick or 1 loaf
- ☐ 1 serving butter softened
- ☐ 1 serving gelatinous gravy cold
- ☐ 1 serving kosher salt and pepper black freshly ground
- ☐ 3 sage leaves chopped fine
- ☐ 1 serving cranberry dressing
- ☐ 1 serving turkey stuffing
- ☐ 1 serving turkey breast sliced

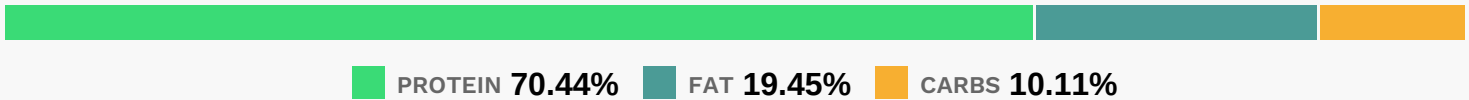
Equipment

- ☐ frying pan
- ☐ panini press

Directions

- ☐ Watch how to make this recipe.
- ☐ Spread one slice of bread with a thin layer of cold gravy.
- ☐ Layer the sandwich with slices of turkey, stuffing, more gravy and cranberry dressing, to taste. Season with salt and pepper and top with chopped sage leaves.
- ☐ Spread a thick layer of cranberry dressing on the other slice of bread.
- ☐ Butter each side of the sandwich on the outside, then toast on a preheated sandwich grill or in a cast iron skillet, pressing the firmly on each side golden brown.

Nutrition Facts



Properties

Glycemic Index:185.67, Glycemic Load:14.34, Inflammation Score:-8, Nutrition Score:46.714347655359%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 1063.49kcal (53.17%), Fat: 22.97g (35.34%), Saturated Fat: 6.11g (38.18%), Carbohydrates: 26.86g (8.95%), Net Carbohydrates: 24.55g (8.93%), Sugar: 3.7g (4.11%), Cholesterol: 475.48mg (158.49%), Sodium: 1976.05mg (85.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 187.14g (374.29%), Vitamin B3: 85.15mg (425.74%), Vitamin B6: 6.47mg (323.48%), Selenium: 206.1µg (294.43%), Phosphorus: 2024.99mg (202.5%), Vitamin B12: 5.66µg (94.31%), Vitamin B2: 1.39mg (81.53%), Zinc: 11.81mg (78.7%), Vitamin B5: 7mg (70.03%), Potassium:

2105.59mg (60.16%), Magnesium: 233.59mg (58.4%), Copper: 0.91mg (45.29%), Manganese: 0.76mg (37.89%), Iron: 6.77mg (37.63%), Vitamin B1: 0.52mg (34.49%), Folate: 106.6µg (26.65%), Calcium: 188.36mg (18.84%), Fiber: 2.31g (9.24%), Vitamin D: 0.96µg (6.41%), Vitamin A: 317.01IU (6.34%), Vitamin E: 0.76mg (5.06%), Vitamin K: 3.31µg (3.15%)