



Turkey Panini with Watercress and Citrus Aioli

READY IN



45 min.

SERVINGS



4

CALORIES



168 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 pound deli- turkey smoked (such as Boar's Head)
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 teaspoon lemon rind grated
- ☐ 0.3 teaspoon lime rind grated
- ☐ 2 tablespoons canola mayonnaise
- ☐ 2 ounce provolone cheese
- ☐ 2 cups watercress trimmed

☐ 1 ounce bread white

Equipment

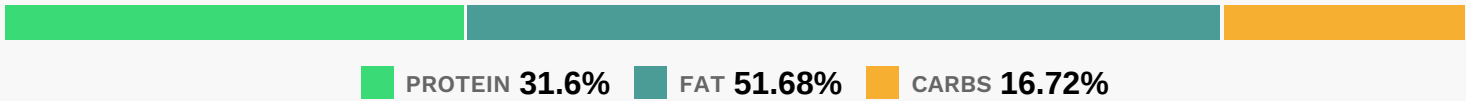
☐ frying pan

☐ grill pan

Directions

- ☐ Heat a grill pan over medium-high heat.
- ☐ Combine first 6 ingredients; spread evenly over 4 bread slices. Top evenly with turkey, watercress, cheese, and remaining 4 bread slices.
- ☐ Coat grill pan with cooking spray. Arrange 2 sandwiches in pan.
- ☐ Place a cast-iron or heavy skillet on top of sandwiches; press gently to flatten. Cook 2 minutes on each side (leave cast-iron skillet on sandwiches while they cook). Repeat procedure with remaining 2 sandwiches.

Nutrition Facts



Properties

Glycemic Index:69.44, Glycemic Load:2.72, Inflammation Score:-5, Nutrition Score:8.0134782091431%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 3.92mg, Kaempferol: 3.92mg, Kaempferol: 3.92mg, Kaempferol: 3.92mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

Nutrients (% of daily need)

Calories: 167.79kcal (8.39%), Fat: 9.69g (14.9%), Saturated Fat: 3.42g (21.41%), Carbohydrates: 7.05g (2.35%), Net Carbohydrates: 6.73g (2.45%), Sugar: 1.54g (1.71%), Cholesterol: 30.86mg (10.29%), Sodium: 864.31mg (37.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.33g (26.66%), Vitamin K: 54.45µg (51.86%), Phosphorus: 223.01mg (22.3%), Calcium: 151.51mg (15.15%), Vitamin A: 672.78IU (13.46%), Vitamin C: 8.23mg (9.97%), Copper: 0.17mg (8.65%), Zinc: 1.05mg (6.99%), Magnesium: 25.33mg (6.33%), Potassium: 207.87mg (5.94%), Selenium: 4.13µg (5.9%), Manganese: 0.11mg (5.7%), Iron: 1.02mg (5.65%), Vitamin B2: 0.09mg (5.04%), Vitamin B1: 0.06mg

(3.78%), Vitamin B12: 0.22µg (3.59%), Vitamin E: 0.45mg (3.01%), Folate: 11.48µg (2.87%), Vitamin B6: 0.05mg (2.49%), Vitamin B3: 0.4mg (2.01%), Vitamin B5: 0.18mg (1.79%), Fiber: 0.32g (1.26%)