



Turkey, Pear and Raspberry Panini

READY IN



20 min.

SERVINGS



4

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bread crumbs italian thin
- ☐ 4 slices fontina thin
- ☐ 0.7 lb turkey breast cooked sliced
- ☐ 8 slices at least of turkey bacon cooked
- ☐ 1 medium pears red thinly sliced
- ☐ 4 teaspoons raspberry jam
- ☐ 1 tablespoon olive oil

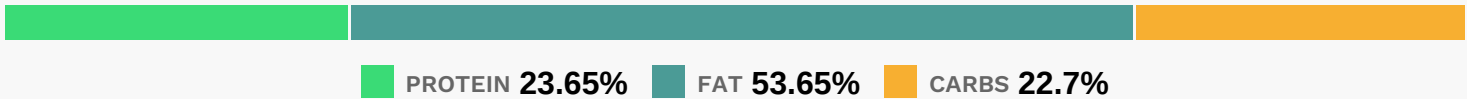
Equipment

☐ panini press

Directions

- ☐ Heat panini maker as directed by manufacturer.
- ☐ On each of 4 slices of bread, place 1 cheese slice. Top each evenly with turkey breast. Top turkey breast with turkey bacon.
- ☐ Place single layer of pear slices on each.
- ☐ On each remaining slice of bread, spread 1 teaspoon jam.
- ☐ Place bread jam side down over pear slices. Lightly brush both sides of sandwiches with olive oil.
- ☐ Place sandwiches in hot panini maker. Cook until cheese is melted and bread is golden brown.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.69, Glycemic Load:4.71, Inflammation Score:-4, Nutrition Score:14.996956685315%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 591.2kcal (29.56%), Fat: 35.46g (54.56%), Saturated Fat: 16.09g (100.56%), Carbohydrates: 33.77g (11.26%), Net Carbohydrates: 30.91g (11.24%), Sugar: 20.57g (22.85%), Cholesterol: 100.74mg (33.58%), Sodium: 1170.69mg (50.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.17g (70.33%), Vitamin B3: 10.41mg (52.03%), Phosphorus: 425.56mg (42.56%), Selenium: 28.63µg (40.9%), Vitamin B6: 0.71mg (35.65%), Zinc: 2.94mg (19.6%), Vitamin B12: 1.05µg (17.46%), Calcium: 172.54mg (17.25%), Vitamin B2: 0.29mg (16.87%), Potassium: 455.31mg (13.01%), Fiber: 2.86g (11.43%), Iron: 2.04mg (11.32%), Magnesium: 41.13mg (10.28%), Folate: 38.58µg

(9.64%), Vitamin B1: 0.11mg (7.34%), Vitamin B5: 0.73mg (7.29%), Copper: 0.13mg (6.59%), Vitamin E: 0.98mg (6.5%), Vitamin K: 6.78µg (6.46%), Vitamin A: 281.88IU (5.64%), Vitamin C: 2.53mg (3.07%), Vitamin D: 0.36µg (2.37%), Manganese: 0.03mg (1.67%)