

Chicken, Brie and Pickle Panini

Farmer's Garden by Vlasic.com

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Servings: 1

Honey Whole Grain Mustard

Vinaigrette

1 tablespoon honey

1 tablespoon whole grain mustard

2 tablespoons cider vinegar

1/4 cup oil

salt and pepper (to taste)

Panini Sandwich

4 - 6 Farmer's Garden by Vlasic

bread n' butter chips

1 (6 ounce) grilled chicken breast

2 artichoke hearts, sliced

2 tablespoons honey whole grain

mustard vinaigrette

1 ounce Brie cheese

1 Portuguese or ciabatta roll

In a bowl, place the honey, mustard, cider vinegar, and salt and pepper. With a wire whip, mix the ingredients and slowly add the oil to form an emulsion. Reserve.

Spread the mustard vinaigrette on the split roll. Reserve any leftover.

Sliced the grilled chicken breast and place on the bread.

Top the chicken with sliced artichoke hearts, pickles and Brie cheese. Top with the second half of the roll.

Per Serving (excluding unknown items): 634 Calories; 55g Fat (73.7% calories from fat); 6g Protein; 38g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 161mg Sodium. Exchanges: 3 1/2 Vegetable; 11 Fat; 1 1/2 Other Carbohydrates.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	634	Vitamin B6 (mg):	.2mg
% Calories from Fat:	73.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	22.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	55g	Folacin (mcg):	86mcg
Saturated Fat (g):	6g	Niacin (mg):	2mg
Monounsaturated Fat (g):	32g	Caffeine (mg):	0mg
		Alcohol (kcal):	0

Polyunsaturated Fat (g):	12g
Cholesterol (mg):	0mg
Carbohydrate (g):	38g
Dietary Fiber (g):	9g
Protein (g):	6g
Sodium (mg):	161mg
Potassium (mg):	636mg
Calcium (mg):	79mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	17mg
Vitamin A (i.u.):	297IU
Vitamin A (r.e.):	30RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	3 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	11
Other Carbohydrates:	1 1/2

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 634 **Calories from Fat:** 468

% Daily Values*

Total Fat 55g	84%
Saturated Fat 6g	32%
Cholesterol 0mg	0%
Sodium 161mg	7%
Total Carbohydrates 38g	13%
Dietary Fiber 9g	36%
Protein 6g	
Vitamin A	6%
Vitamin C	28%
Calcium	8%
Iron	13%

* Percent Daily Values are based on a 2000 calorie diet.