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Turkey Habanero Panini Sandwich ♦♦

The Turkey Habanero Panini Sandwich is a spicy and flavorful sandwich that combines tender turkey, fiery habanero peppers, and melted cheese. It is perfect for those who enjoy a little heat in their meals. This sandwich is commonly consumed as a lunch or dinner option and can be enjoyed with a side of chips or salad.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

200 g	Turkey Breast
20 g	Habanero Peppers
100 g	Cheese
4 slices	bread
10 g	Butter

Directions

Step 1

Preheating

Preheat the panini press.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the turkey breast into thin slices.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cutting

Slice the habanero peppers into thin slices.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Spreading

Spread butter on one side of each bread slice.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Layering

Layer the turkey, habanero peppers, and cheese on two bread slices.

Prep Time: 3 mins

Cook Time: 0 mins

Step 6

Covering

Cover the sandwiches with the remaining bread slices, buttered side up.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Grilling

Place the sandwiches in the preheated panini press and cook until the bread is toasted and the cheese is melted.

Prep Time: 0 mins

Cook Time: 10 mins

Step 8

Resting

Remove the sandwiches from the panini press and let them cool for a few minutes.

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Cutting

Cut the sandwiches in half and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 20 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

Mexican

American

Diet

Anti-Inflammatory Diet

Events

Picnic

Course

Appetizers

Main Dishes

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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