



WHATSheATE



Amazing Southwest Chicken Sandwiches

👤 Popular

READY IN



100 min.

SERVINGS



8

CALORIES



682 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound chicken breast tenderloins
- ☐ 0.5 jalapeño chile pepper minced seeded
- ☐ 0.1 teaspoon chipotle chile powder
- ☐ 16 slices bread french thick
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 tablespoons juice of lime fresh

- ☐ 2 tablespoons lime zest fresh finely grated
- ☐ 2 mangos peeled seeded sliced
- ☐ 0.5 cup mayonnaise
- ☐ 8 slices monterrey jack cheese
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon onion powder
- ☐ 1 bell pepper red quartered
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon sea salt
- ☐ 1 onion sweet cut into 1/2-inch slices
- ☐ 1 medium tomatoes chopped

Equipment

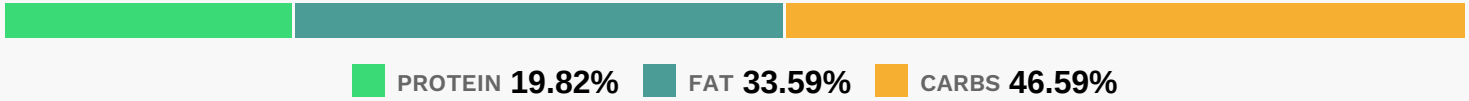
- ☐ bowl
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Place 1/4 cup cilantro, 1 clove minced garlic, 1/4 jalapeno, lime zest, 1 1/2 teaspoons salt, onion powder, 1/4 teaspoon black pepper, 1/4 teaspoon chipotle chile powder, and 1 tablespoon olive oil in a small bowl and stir until well combined.
- ☐ Place the chicken breast tenderloins in a large resealable plastic bag.
- ☐ Pour the marinade into the bag with the chicken, seal, and shake the bag to coat. Refrigerate for 1 hour.
- ☐ Combine the tomato, 1 small onion, 2 tablespoons cilantro, 1/2 jalapeno, 1 clove garlic, 1/4 teaspoon black pepper, sea salt, 1/8 teaspoon chipotle pepper, and 1 tablespoon lime juice in a bowl. Cover with plastic wrap and refrigerate.

- ☐ To prepare the grilled vegetables, toss the onions and red peppers with 1 tablespoon olive oil, 1/4 teaspoon salt, and 1 clove garlic in a bowl; set aside.
- ☐ Whisk together the mayonnaise and 2 tablespoons of lime juice; cover with plastic wrap and refrigerate.
- ☐ Preheat an outdoor grill for medium-high heat.
- ☐ Grill the marinated chicken on the prepared grill until no longer pink in the center and juices run clear, 8 to 10 minutes. Grill the red pepper and onions until tender and golden brown, 8 to 10 minutes.
- ☐ Remove the chicken and vegetables from the grill. Slice the grilled pepper into thin strips.
- ☐ Spread each slice of bread with 1 1/2 teaspoons of prepared lime mayonnaise.
- ☐ Layer half of the pieces of bread with sliced mango, 1 tablespoon prepared salsa, grilled chicken tenderloins, grilled peppers, grilled onions, and a slice of Monterey Jack cheese. Top off the sandwiches with the remaining slices of bread. Return the sandwiches to the grill, turning when the bottom is golden brown
- ☐ Return the sandwiches to the grill and grill them until the bread is toasted and the cheese melts, about 2 minutes per side.

Nutrition Facts



Properties

Glycemic Index:54.66, Glycemic Load:55.31, Inflammation Score:-9, Nutrition Score:31.773913243543%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg

Nutrients (% of daily need)

Calories: 681.61kcal (34.08%), Fat: 25.59g (39.38%), Saturated Fat: 8.29g (51.82%), Carbohydrates: 79.87g (26.62%), Net Carbohydrates: 75.21g (27.35%), Sugar: 16.5g (18.33%), Cholesterol: 67.09mg (22.36%), Sodium: 1244.18mg (54.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.97g (67.94%), Selenium: 59.73µg (85.33%), Vitamin B1: 1mg (66.58%), Vitamin B3: 12.77mg (63.85%), Vitamin C: 45.36mg (54.99%), Folate: 207.25µg (51.81%), Vitamin B2: 0.76mg (44.75%), Phosphorus: 408.56mg (40.86%), Manganese: 0.8mg (39.83%), Vitamin B6: 0.77mg (38.26%), Iron: 5.78mg (32.13%), Calcium: 298.34mg (29.83%), Vitamin K: 30.44µg (28.99%), Vitamin A: 1414.75IU (28.3%), Magnesium: 76.62mg (19.16%), Fiber: 4.66g (18.63%), Zinc: 2.7mg (18%), Potassium: 600.5mg (17.16%), Copper: 0.32mg (15.93%), Vitamin B5: 1.54mg (15.36%), Vitamin E: 2mg (13.33%), Vitamin B12: 0.36µg (6.04%), Vitamin D: 0.25µg (1.68%)