



## Amy's Endless Summer Sandwich

READY IN



20 min.

SERVINGS



20

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

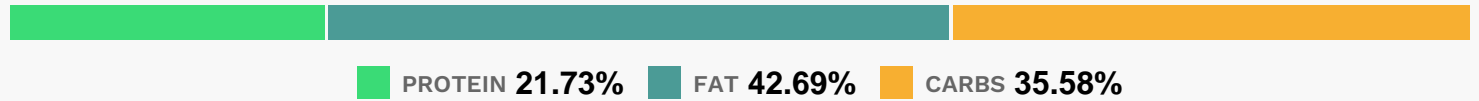
- 6 oz artichoke hearts drained thinly sliced
- 2 Tbsp classico basil pesto sauce and spread traditional
- 12 oz focaccia bread
- 0.3 cup real mayo mayonnaise kraft
- 1 cup salad greens mixed
- 4 provolone cheese kraft
- 0.8 cup roasted peppers red
- 0.5 lb chicken breasts boneless skinless sliced

# Equipment

## Directions

- Mix mayo and pesto until blended; spread onto cut sides of bread.
- Fill with remaining ingredients.
- Cut into wedges.

## Nutrition Facts



## Properties

Glycemic Index:6.78, Glycemic Load:4.37, Inflammation Score:-2, Nutrition Score:4.4086956245744%

## Nutrients (% of daily need)

Calories: 100.94kcal (5.05%), Fat: 4.74g (7.29%), Saturated Fat: 1.26g (7.87%), Carbohydrates: 8.89g (2.96%), Net Carbohydrates: 8g (2.91%), Sugar: 1.13g (1.25%), Cholesterol: 11.18mg (3.73%), Sodium: 256.84mg (11.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.86%), Selenium: 9.17µg (13.1%), Vitamin B3: 2.18mg (10.9%), Manganese: 0.22mg (10.82%), Phosphorus: 67.02mg (6.7%), Vitamin B6: 0.12mg (5.89%), Calcium: 55.61mg (5.56%), Vitamin B1: 0.08mg (5.34%), Vitamin K: 5.5µg (5.24%), Folate: 17.01µg (4.25%), Iron: 0.74mg (4.13%), Vitamin B2: 0.07mg (4.09%), Vitamin C: 3.08mg (3.73%), Fiber: 0.9g (3.59%), Vitamin B5: 0.33mg (3.28%), Magnesium: 11.81mg (2.95%), Zinc: 0.38mg (2.56%), Vitamin A: 119.26IU (2.39%), Potassium: 82.85mg (2.37%), Copper: 0.04mg (1.88%), Vitamin B12: 0.08µg (1.36%), Vitamin E: 0.15mg (1.03%)