



Antipasto Chicken Sandwich

READY IN



45 min.

SERVINGS



4

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounce flour cut in half horizontally
- 2 ounces fontina shredded
- 0.5 cup marinated artichoke drained coarsely chopped
- 2 tablespoons olive tapenade
- 2 ounces pancetta thinly sliced
- 2 cups chicken breast shredded boneless skinless
- 0.5 cup roasted peppers red coarsely chopped
- 0.5 cup sun-dried olives drained chopped

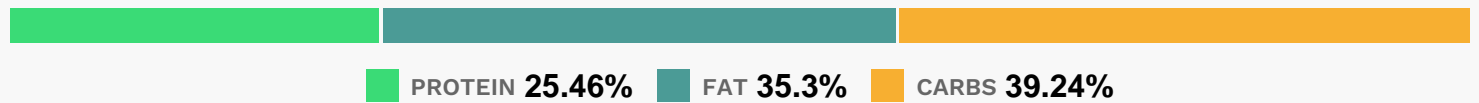
Equipment

- frying pan

Directions

- Spread bottom half of focaccia with olive paste. Arrange chicken on top of paste. Arrange artichokes, tomatoes, peppers, and prosciutto over chicken.
- Sprinkle with cheese. Top with top half of focaccia; press gently.
- Heat a large nonstick skillet over medium heat.
- Add sandwich to pan.
- Place a cast-iron or heavy skillet on top of sandwich; press gently to flatten. Cook 2 minutes on each side or until bread is lightly toasted (leave cast-iron skillet on sandwich while cooking).
- Cut into 4 wedges.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:16.13, Inflammation Score:-6, Nutrition Score:15.515217620394%

Nutrients (% of daily need)

Calories: 465.03kcal (23.25%), Fat: 18.42g (28.33%), Saturated Fat: 5.35g (33.42%), Carbohydrates: 46.06g (15.35%), Net Carbohydrates: 42.42g (15.42%), Sugar: 6.88g (7.64%), Cholesterol: 73.8mg (24.6%), Sodium: 1053.88mg (45.82%), Alcohol: 0g (100%), Protein: 29.88g (59.77%), Vitamin B3: 9.75mg (48.77%), Selenium: 29.71µg (42.45%), Vitamin B6: 0.69mg (34.4%), Phosphorus: 279.41mg (27.94%), Vitamin C: 19.68mg (23.85%), Potassium: 811.81mg (23.19%), Vitamin B5: 1.5mg (15.02%), Manganese: 0.3mg (14.83%), Fiber: 3.64g (14.57%), Magnesium: 51.79mg (12.95%), Copper: 0.25mg (12.39%), Vitamin A: 618.34IU (12.37%), Vitamin B1: 0.17mg (11.14%), Vitamin B2: 0.19mg (11.05%), Calcium: 109.72mg (10.97%), Iron: 1.94mg (10.77%), Zinc: 1.4mg (9.36%), Vitamin B12: 0.46µg (7.65%), Vitamin K: 6.43µg (6.12%), Folate: 16µg (4%), Vitamin E: 0.24mg (1.62%), Vitamin D: 0.22µg (1.44%)