



Artichoke-Bacon Chicken Salad Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup artichoke hearts canned drained chopped
- ☐ 2 cups arugula trimmed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups rotisserie chicken breast shredded boneless skinless
- ☐ 4 bacon crumbled cooked
- ☐ 0.8 teaspoon rosemary fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup mayonnaise light
- ☐ 0.3 cup yogurt plain low-fat

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1.5 ounce sourdough bread toasted

Equipment

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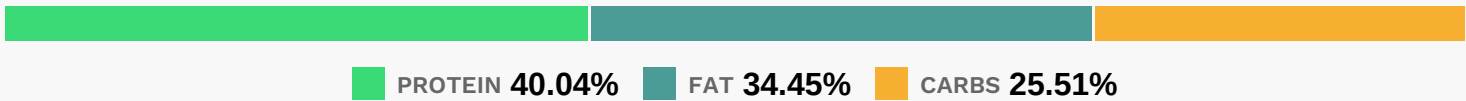
bowl

Directions

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Combine first 5 ingredients in a large bowl. Stir in chicken, artichoke hearts, and bacon. Divide arugula evenly over 4 bread slices; top each slice with 3/4 cup chicken mixture and 1 bread slice.

Nutrition Facts



Properties

Glycemic Index:43.63, Glycemic Load:4.4, Inflammation Score:-4, Nutrition Score:12.578260999659%

Flavonoids

Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 232.52kcal (11.63%), Fat: 8.51g (13.09%), Saturated Fat: 2.14g (13.38%), Carbohydrates: 14.17g (4.72%), Net Carbohydrates: 11.69g (4.25%), Sugar: 3.66g (4.07%), Cholesterol: 59.38mg (19.8%), Sodium: 906.63mg (39.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.24g (44.49%), Vitamin B3: 9.24mg (46.18%), Selenium: 32.28µg (46.11%), Vitamin B6: 0.64mg (32.16%), Phosphorus: 237.76mg (23.78%), Vitamin K: 18.9µg (18%), Vitamin B5: 1.37mg (13.72%), Vitamin B1: 0.18mg (12.3%), Potassium: 423.67mg (12.1%), Vitamin B2: 0.19mg (11.31%), Fiber: 2.48g (9.92%), Magnesium: 34.25mg (8.56%), Folate: 28.65µg (7.16%), Zinc: 1.04mg (6.93%), Calcium: 66.33mg (6.63%), Manganese: 0.13mg (6.56%), Vitamin B12: 0.35µg (5.86%), Vitamin A: 284.27IU (5.69%), Iron: 0.98mg (5.43%), Vitamin E: 0.56mg (3.71%), Vitamin C: 2.8mg (3.4%), Copper: 0.06mg (3.08%)