



Bacon Jam Chicken Club Sandwich with Avocado and Chipotle Mayo

 Dairy Free  Popular

READY IN



25 min.

SERVINGS



1

CALORIES



1245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 small avocado mashed sliced
- ☐ 2 slices bacon
- ☐ 1 small chicken breast thin
- ☐ 2 tablespoons bacon jam
- ☐ 2 leaves lettuce
- ☐ 1 tablespoon chipotle mayo
- ☐ 1 serving your favourite grilled meat seasoning to taste

- ☐ 1 sandwich rolls sliced in half
- ☐ 2 slices tomatoes

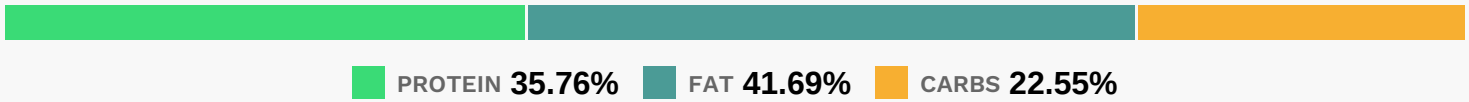
Equipment

- ☐ grill

Directions

- ☐ Season the chicken and grill over medium-high heat until cooked, about 2-4 minutes per side. Assemble the sandwich and enjoy.

Nutrition Facts



Properties

Glycemic Index:215, Glycemic Load:16.33, Inflammation Score:-9, Nutrition Score:45.84782571378%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 1244.93kcal (62.25%), Fat: 57.03g (87.73%), Saturated Fat: 12.56g (78.49%), Carbohydrates: 69.39g (23.13%), Net Carbohydrates: 60.07g (21.84%), Sugar: 22.89g (25.43%), Cholesterol: 324.2mg (108.07%), Sodium: 1238.71mg (53.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 110.07g (220.13%), Vitamin B3: 53.43mg (267.17%), Selenium: 177.31µg (253.3%), Vitamin B6: 3.84mg (191.99%), Phosphorus: 1148.52mg (114.85%), Vitamin B5: 8.41mg (84.1%), Potassium: 2492.65mg (71.22%), Vitamin B1: 0.78mg (52.32%), Vitamin K: 53.29µg (50.76%), Vitamin B2: 0.86mg (50.42%), Magnesium: 176.13mg (44.03%), Folate: 171.48µg (42.87%), Fiber: 9.32g (37.3%), Vitamin C: 26.84mg (32.53%), Zinc: 4.48mg (29.87%), Manganese: 0.58mg (28.8%), Vitamin E: 4.2mg (27.97%), Iron: 4.71mg (26.18%), Copper: 0.5mg (25.15%), Vitamin B12: 1.14µg (19.01%), Vitamin A: 837.85IU (16.76%), Calcium: 108.41mg (10.84%), Vitamin D: 0.66µg (4.37%)