



Barbecued Chicken and Gruyère Sandwiches

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



182 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bottled barbecue sauce
- ☐ 6 ounce grilled chicken breast strips (such as Louis Rich)
- ☐ 2 ounces gruyère cheese shredded
- ☐ 8 ounce onion buns toasted halved (such as Earthgrains)

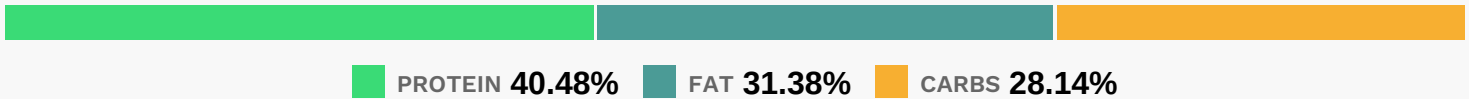
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Place chicken and barbeque sauce in a bowl. Toss until coated.
- ☐ Place bottom halves of buns on a baking sheet; arrange chicken on bun halves.
- ☐ Sprinkle cheese over chicken. Broil 1 minute or until cheese melts. Cover with top halves of buns.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:1.17, Inflammation Score:-4, Nutrition Score:7.9195652474528%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.51mg, Quercetin: 11.51mg, Quercetin: 11.51mg, Quercetin: 11.51mg

Nutrients (% of daily need)

Calories: 182.13kcal (9.11%), Fat: 6.27g (9.64%), Saturated Fat: 3.14g (19.63%), Carbohydrates: 12.64g (4.21%), Net Carbohydrates: 11.52g (4.19%), Sugar: 8.39g (9.32%), Cholesterol: 51.74mg (17.25%), Sodium: 319.06mg (13.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.19g (36.37%), Vitamin B3: 6.02mg (30.09%), Selenium: 14.31µg (20.44%), Phosphorus: 202.73mg (20.27%), Vitamin B6: 0.35mg (17.4%), Calcium: 168.48mg (16.85%), Zinc: 1.1mg (7.37%), Potassium: 244.59mg (6.99%), Vitamin B2: 0.11mg (6.67%), Magnesium: 25.43mg (6.36%), Vitamin B12: 0.37µg (6.19%), Vitamin B5: 0.59mg (5.89%), Manganese: 0.11mg (5.27%), Vitamin C: 4.3mg (5.22%), Vitamin B1: 0.07mg (4.56%), Fiber: 1.12g (4.5%), Iron: 0.7mg (3.89%), Vitamin A: 184.48IU (3.69%), Folate: 14.25µg (3.56%), Copper: 0.06mg (3.02%), Vitamin E: 0.31mg (2.06%), Vitamin K: 1.06µg (1.01%)