



BBQ Chicken Melt

READY IN



13 min.

SERVINGS



13

CALORIES



172 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 oz baguette
- 0.3 cup original barbecue sauce kraft
- 4 easy grilled bbq chicken breasts cooked sliced
- 0.3 cup miracle whip dressing
- 4 big pepper jack cheese kraft
- 0.5 cup onions red thinly sliced

Equipment

- baking sheet

broiler

Directions

- Heat broiler.
- Place bread, cut-sides up, in single layer on baking sheet.
- Top with remaining ingredients.
- Broil 2 to 3 min. or until cheese is melted.

Nutrition Facts

PROTEIN 45.77% **FAT 15.48%** **CARBS 38.75%**

Properties

Glycemic Index:9.67, Glycemic Load:8.76, Inflammation Score:-2, Nutrition Score:8.2034782741381%

Flavonoids

Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 172.29kcal (8.61%), Fat: 2.87g (4.42%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 16.17g (5.39%), Net Carbohydrates: 15.37g (5.59%), Sugar: 3.82g (4.25%), Cholesterol: 45.7mg (15.23%), Sodium: 298.27mg (12.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.1g (38.2%), Vitamin B3: 8.49mg (42.43%), Selenium: 19.25µg (27.51%), Vitamin B6: 0.36mg (17.83%), Phosphorus: 150.02mg (15%), Vitamin B1: 0.19mg (12.9%), Vitamin B2: 0.15mg (8.84%), Iron: 1.51mg (8.39%), Folate: 31.45µg (7.86%), Manganese: 0.15mg (7.27%), Vitamin B5: 0.63mg (6.27%), Magnesium: 23.57mg (5.89%), Potassium: 192.33mg (5.5%), Zinc: 0.76mg (5.1%), Calcium: 41.24mg (4.12%), Copper: 0.06mg (3.2%), Fiber: 0.8g (3.19%), Vitamin B12: 0.18µg (3.04%), Vitamin E: 0.26mg (1.77%), Vitamin K: 1.08µg (1.02%)