



BBQ Chicken Melt

READY IN



13 min.

SERVINGS



4

CALORIES



560 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:31.44, Glycemic Load:28.48, Inflammation Score:-6, Nutrition Score:25.010869471923%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 559.94kcal (28%), Fat: 9.33g (14.35%), Saturated Fat: 2.5g (15.64%), Carbohydrates: 52.55g (17.52%), Net Carbohydrates: 49.96g (18.17%), Sugar: 12.42g (13.8%), Cholesterol: 148.52mg (49.51%), Sodium: 969.38mg (42.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.07g (124.14%), Vitamin B3: 27.58mg (137.88%), Selenium: 62.58µg (89.4%), Vitamin B6: 1.16mg (57.93%), Phosphorus: 487.57mg (48.76%), Vitamin B1: 0.63mg (41.92%), Vitamin B2: 0.49mg (28.73%), Iron: 4.91mg (27.25%), Folate: 102.22µg (25.55%), Manganese: 0.47mg (23.61%), Vitamin B5: 2.04mg (20.37%), Magnesium: 76.59mg (19.15%), Potassium: 625.07mg (17.86%), Zinc: 2.49mg (16.58%), Calcium: 134.02mg (13.4%), Copper: 0.21mg (10.41%), Fiber: 2.59g (10.36%), Vitamin B12: 0.59µg (9.89%), Vitamin E: 0.86mg (5.74%), Vitamin K: 3.49µg (3.33%), Vitamin C: 1.59mg (1.92%), Vitamin A: 95.25IU (1.9%), Vitamin D: 0.18µg (1.19%)