



BBQ Chicken Salad Subs

READY IN



30 min.

SERVINGS



4

CALORIES



758 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup barbecue sauce
- ☐ 1 cup regular corn fresh
- ☐ 0.3 cup onion sliced
- ☐ 3 cups rotisserie chicken cut shredded
- ☐ 0.5 cup sharp cheddar cheese shredded
- ☐ 2 cups spinach leaves fresh
- ☐ 4 sub rolls
- ☐ 0.3 cup balsamic vinaigrette salad dressing homemade store-bought

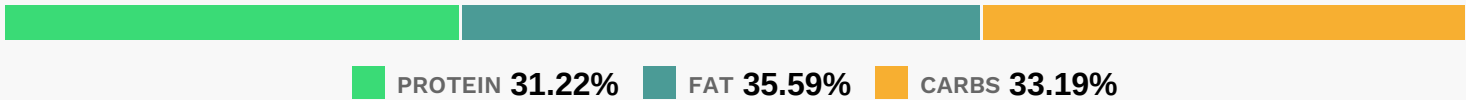
Equipment

- ☐ bowl
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Combine chicken and barbecue sauce and wrap in foil, making a pouch.
- ☐ Heat chicken in oven 15 minutes. Set rolls on rack in oven with chicken until both are hot, 5 minutes.
- ☐ Meanwhile, in a medium bowl, combine spinach, corn, cheddar cheese, onion, and vinaigrette. Split rolls, keeping 1 side attached. Fill with chicken mixture, then spinach salad.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:23.33, Inflammation Score:-8, Nutrition Score:14.685217424579%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 758.38kcal (37.92%), Fat: 30.22g (46.5%), Saturated Fat: 8.14g (50.87%), Carbohydrates: 63.42g (21.14%), Net Carbohydrates: 60.65g (22.05%), Sugar: 25.36g (28.18%), Cholesterol: 184.47mg (61.49%), Sodium: 1570.8mg (68.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.65g (119.3%), Vitamin K: 89.34µg (85.09%), Iron: 11.63mg (64.62%), Vitamin A: 1736.19IU (34.72%), Calcium: 141.82mg (14.18%), Manganese: 0.28mg (13.78%), Folate: 50.26µg (12.57%), Phosphorus: 117.93mg (11.79%), Fiber: 2.77g (11.09%), Vitamin E: 1.59mg (10.58%), Potassium: 332.71mg (9.51%), Vitamin C: 7.74mg (9.38%), Magnesium: 37.05mg (9.26%), Vitamin B2: 0.14mg (8.43%), Selenium: 5.36µg (7.66%), Vitamin B6: 0.12mg (6.25%), Vitamin B1: 0.09mg (5.93%), Zinc: 0.87mg (5.82%), Vitamin B3: 1.09mg (5.45%), Copper: 0.09mg (4.31%), Vitamin B5: 0.43mg (4.28%), Vitamin B12: 0.15µg (2.5%)