



Berry-Sweet Chicken Salad Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp basil fresh shredded finely
- 0.3 cup grilled chicken breast chopped
- 1 ciabatta sandwich roll split
- 2 Tbsp onions red finely chopped
- 1 Tbsp mayo reduced fat mayonnaise light kraft
- 1 cup torn salad greens
- 1 slim cut sharp cheddar cheese kraft
- 10 cherries fresh sweet pitted cut in half,

Equipment

Directions

- Combine first 5 ingredients.
- Fill roll with salad greens, chicken mixture and cheese.

Nutrition Facts



Properties

Glycemic Index:14.6, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:1.1286956580437%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 30.89kcal (1.54%), Fat: 0.58g (0.89%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 4.37g (1.46%), Net Carbohydrates: 4.1g (1.49%), Sugar: 1.16g (1.29%), Cholesterol: 4.29mg (1.43%), Sodium: 44.27mg (1.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Vitamin B3: 0.68mg (3.41%), Vitamin K: 3.56µg (3.39%), Vitamin C: 1.75mg (2.12%), Selenium: 1.38µg (1.97%), Vitamin B6: 0.04mg (1.93%), Vitamin A: 86.79IU (1.74%), Phosphorus: 15.48mg (1.55%), Potassium: 41.88mg (1.2%), Manganese: 0.02mg (1.11%), Fiber: 0.27g (1.09%)