



Brick Chicken Baguette Sandwiches

READY IN



45 min.

SERVINGS



6

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup arugula leaves
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 0.3 cup mayonnaise fat-free
- ☐ 16 ounce bread french cut in half horizontally
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 cup hearts of palm sliced

- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 4 ounce provolone cheese
- ☐ 1 bell pepper red halved lengthwise seeded
- ☐ 1 inch onion red
- ☐ 1 tablespoon shallots finely chopped
- ☐ 0.8 pound chicken breast boneless skinless

Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ grill
- ☐ ziploc bags

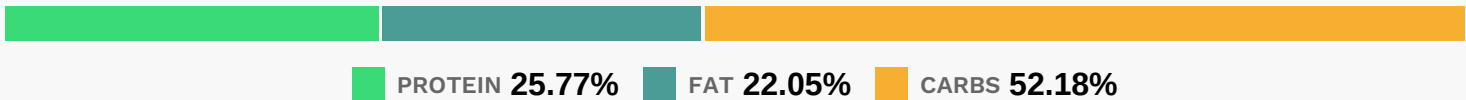
Directions

- ☐ Combine first 5 ingredients in a large zip-top plastic bag.
- ☐ Add chicken to bag; seal. Marinate in refrigerator 3 hours, turning occasionally.
- ☐ Prepare grill to medium-high heat.
- ☐ Combine mayonnaise, rosemary, and garlic; set aside.
- ☐ Remove chicken from bag, discarding marinade.
- ☐ Sprinkle chicken with salt.
- ☐ Place chicken on grill rack coated with cooking spray; grill 5 minutes on each side or until done.
- ☐ Remove chicken from grill.
- ☐ Place bell pepper and onion on grill rack coated with cooking spray; grill 6 minutes on each side or until slightly charred.
- ☐ Cut chicken diagonally across grain into thin slices. Separate onion into rings; cut bell pepper into thin strips.
- ☐ Spread mayonnaise mixture evenly over cut sides of bottom and top halves of bread. Arrange cheese evenly over bottom half of bread. Arrange onion, bell pepper, and hearts of palm

evenly over cheese; top with chicken and arugula.

- ☐ Place top half of bread over arugula.
- ☐ Cut filled baguette in half. Wrap each half tightly in plastic wrap.
- ☐ Place filled baguette halves in refrigerator; top with a cast-iron skillet or other heavy object.
- ☐ Let chill at least 2 hours.
- ☐ Cut each filled baguette half into 3 equal portions.

Nutrition Facts



Properties

Glycemic Index:55.92, Glycemic Load:30.89, Inflammation Score:-8, Nutrition Score:24.505217500355%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 413.25kcal (20.66%), Fat: 10.12g (15.57%), Saturated Fat: 4.24g (26.51%), Carbohydrates: 53.88g (17.96%), Net Carbohydrates: 50.67g (18.42%), Sugar: 12.48g (13.87%), Cholesterol: 50.19mg (16.73%), Sodium: 838.84mg (36.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.61g (53.23%), Selenium: 43.04µg (61.49%), Vitamin B3: 10.17mg (50.87%), Vitamin B6: 0.92mg (46.09%), Vitamin B1: 0.61mg (40.88%), Vitamin C: 31.7mg (38.43%), Phosphorus: 359.03mg (35.9%), Potassium: 1119.12mg (31.97%), Vitamin B2: 0.54mg (31.58%), Folate: 120.42µg (30.11%), Manganese: 0.56mg (27.76%), Iron: 4.25mg (23.6%), Zinc: 3.3mg (22.01%), Calcium: 206.53mg (20.65%), Copper: 0.41mg (20.64%), Vitamin A: 930.51IU (18.61%), Magnesium: 54.79mg (13.7%), Fiber: 3.21g (12.86%), Vitamin B5: 1.25mg (12.53%), Vitamin K: 9.97µg (9.49%), Vitamin E: 1.04mg (6.95%), Vitamin B12: 0.39µg (6.49%), Vitamin D: 0.15µg (1.01%)