



WHATSheATE



HEALTH SCORE

57%

Broiled Chicken and Roasted Pepper Sandwiches

READY IN



45 min.

SERVINGS



2

CALORIES



1400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 2 servings pepper black freshly ground
- ☐ 1 loaf top (8 inches in diameter)
- ☐ 0.3 cup basil fresh packed
- ☐ 1 large garlic clove
- ☐ 4 tablespoons olive oil
- ☐ 0.5 pound parmesan
- ☐ 2 chicken breast halves boneless skinless

- ☐ 1 large bell pepper red yellow

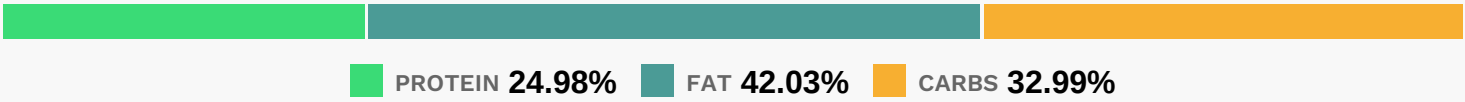
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ broiler
- ☐ rolling pin
- ☐ peeler
- ☐ meat tenderizer
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Quick-roast and peel bell pepper and cut into 1-inch-wide strips. With a vegetable peeler shave enough Parmigiano-Reggiano to measure about 1/2 cup.
- ☐ Put chicken between 2 sheets of dampened plastic wrap and with a rolling pin or flat side of a meat pounder lightly pound to about 1/4 inch thick. Arrange chicken on lightly oiled rack of a broiler pan.
- ☐ In a small bowl whisk together vinegar, 1 tablespoon oil, pepper, and salt to taste.
- ☐ Brush chicken with vinaigrette and broil 2 to 3 inches from heat 5 minutes. Turn chicken over and brush with vinaigrette. Discard any remaining vinaigrette and broil chicken until just cooked through, about 5 minutes more.
- ☐ Transfer chicken to a plate and keep warm, loosely covered with foil.
- ☐ Cut four 1/2-inch-thick slices from middle of loaf and lightly brush both sides of each slice with remaining 3 tablespoons oil. Toast bread slices on broiler pan under broiler. Halve garlic clove crosswise and rub over 1 side of each slice of toast.
- ☐ Assemble sandwiches with chicken, peppers, cheese shavings, and basil and season with salt and freshly ground pepper.

Nutrition Facts



Properties

Glycemic Index:144.75, Glycemic Load:81.86, Inflammation Score:-10, Nutrition Score:54.010000042293%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 1400.19kcal (70.01%), Fat: 65.28g (100.43%), Saturated Fat: 24.2g (151.28%), Carbohydrates: 115.33g (38.44%), Net Carbohydrates: 109.99g (40%), Sugar: 11.37g (12.63%), Cholesterol: 149.43mg (49.81%), Sodium: 3156.37mg (137.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 87.3g (174.6%), Vitamin C: 173.02mg (209.72%), Selenium: 119.38µg (170.54%), Calcium: 1473.42mg (147.34%), Phosphorus: 1262.26mg (126.23%), Vitamin B3: 22.6mg (113%), Vitamin B1: 1.57mg (104.45%), Vitamin B2: 1.37mg (80.64%), Folate: 284.74µg (71.18%), Vitamin B6: 1.34mg (67.17%), Manganese: 1.28mg (63.96%), Iron: 9.94mg (55.22%), Zinc: 6.06mg (40.41%), Magnesium: 157.86mg (39.47%), Vitamin E: 4.94mg (32.95%), Vitamin K: 33.05µg (31.48%), Vitamin B5: 2.96mg (29.65%), Potassium: 979.02mg (27.97%), Vitamin B12: 1.59µg (26.45%), Vitamin A: 1264.47IU (25.29%), Copper: 0.49mg (24.49%), Fiber: 5.34g (21.37%), Vitamin D: 0.68µg (4.53%)