



Broiled Chicken Sandwich with Fresh Salsa

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



156 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce skinned and boned chicken breast halves
- ☐ 0.5 teaspoon chili powder
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 4 Leaf lettuce leaves red
- ☐ 2 teaspoons juice of lime
- ☐ 4 servings salsa fresh drained

☐

0.8 ounce bread whole wheat toasted reduced-calorie

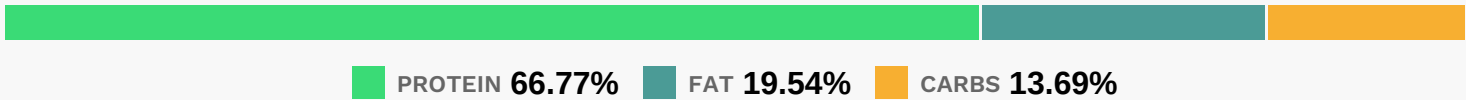
Equipment

- ☐ oven
- ☐ plastic wrap
- ☐ ziploc bags
- ☐ rolling pin
- ☐ meat tenderizer
- ☐ broiler pan

Directions

- ☐ Place chicken between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness using a meat mallet or rolling pin.
- ☐ Stir together garlic and next 4 ingredients. Rub mixture on chicken.
- ☐ Place in a shallow dish or heavy-duty plastic bag; cover or seal, and chill 3 hours.
- ☐ Place chicken on a rack coated with cooking spray in a broiler pan.
- ☐ Broil 5 1/2 inches from heat (with electric oven door partially open) 5 minutes on each side or until done.
- ☐ Place lettuce leaves on half of bread slices; top with chicken. Spoon 1/4 cup Fresh Salsa over each chicken breast; top with remaining bread slices.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:1.45, Inflammation Score:-4, Nutrition Score:13.299130636713%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 155.77kcal (7.79%), Fat: 3.3g (5.07%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 4.14g (1.51%), Sugar: 1.54g (1.71%), Cholesterol: 72.57mg (24.19%), Sodium: 370.35mg (16.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.35g (50.69%), Vitamin B3: 12.48mg (62.4%), Selenium: 38.14µg (54.49%), Vitamin B6: 0.94mg (46.81%), Phosphorus: 263.6mg (26.36%), Vitamin B5: 1.73mg (17.28%), Potassium: 533.83mg (15.25%), Magnesium: 40.27mg (10.07%), Manganese: 0.2mg (9.78%), Vitamin B2: 0.14mg (8.13%), Vitamin A: 367.32IU (7.35%), Vitamin B1: 0.11mg (7.31%), Zinc: 0.85mg (5.68%), Iron: 0.93mg (5.17%), Vitamin E: 0.76mg (5.1%), Fiber: 1.06g (4.24%), Vitamin B12: 0.23µg (3.78%), Vitamin C: 3.06mg (3.71%), Copper: 0.07mg (3.58%), Vitamin K: 3.74µg (3.56%), Calcium: 28.58mg (2.86%), Folate: 8.84µg (2.21%)