



Buffalo Chicken Club Sandwich

 Popular

READY IN



15 min.

SERVINGS



4

CALORIES



857 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cheese blue crumbled
- 2 tablespoons butter melted
- 4 small chicken breasts
- 8 strips bacon cooked
- 0.5 cup sauce red hot (such as Frank's)
- 4 leaves lettuce
- 4 tablespoons mayonnaise
- 4 servings oil for the grill

- 1 teaspoon paprika
- 0.3 cup onion red sliced
- 4 servings salt and pepper to taste
- 4 buns
- 2 large tomatoes sliced

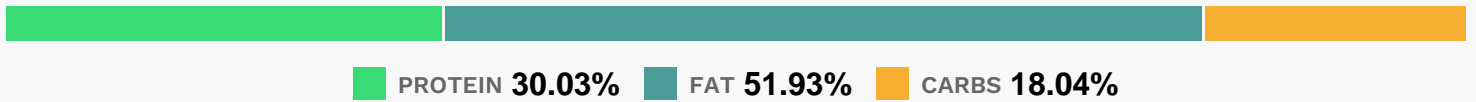
Equipment

- grill

Directions

- Season the chicken with paprika, salt and pepper.
- Heat the grill over medium heat and brush it down with oil. Grill the chicken until cooked and slightly charred, about 3–5 minutes per side.
- Mix the hot sauce and butter and coat the chicken in the mixture. Assemble sandwiches and enjoy.

Nutrition Facts



Properties

Glycemic Index:78, Glycemic Load:24.31, Inflammation Score:-8, Nutrition Score:33.004347853039%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 857.39kcal (42.87%), Fat: 48.93g (75.28%), Saturated Fat: 12.67g (79.16%), Carbohydrates: 38.25g (12.75%), Net Carbohydrates: 35.65g (12.96%), Sugar: 7.53g (8.36%), Cholesterol: 194.07mg (64.69%), Sodium: 2271.13mg (98.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.66g (127.32%), Vitamin B3: 26.04mg (130.2%), Selenium: 83.36µg (119.09%), Vitamin B6: 1.91mg (95.33%), Iron: 12.13mg (67.38%), Phosphorus: 634.52mg

(63.45%), Vitamin K: 43.71µg (41.63%), Vitamin B5: 3.84mg (38.36%), Potassium: 1216.71mg (34.76%), Vitamin A: 1431.17IU (28.62%), Vitamin E: 4.26mg (28.42%), Vitamin B2: 0.36mg (21.22%), Magnesium: 80.35mg (20.09%), Vitamin C: 16.15mg (19.57%), Vitamin B1: 0.28mg (18.94%), Zinc: 2.48mg (16.55%), Vitamin B12: 0.86µg (14.35%), Calcium: 125.46mg (12.55%), Fiber: 2.6g (10.39%), Manganese: 0.17mg (8.75%), Folate: 34.14µg (8.53%), Copper: 0.15mg (7.53%), Vitamin D: 0.4µg (2.68%)