



Buffalo Pepper-Chicken Sandwiches

READY IN



55 min.

SERVINGS



4

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup sauce of the chicken from the turbo broiler red
- ☐ 0.5 teaspoon pepper black red
- ☐ 16 oz chicken breast boneless skinless
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup cheese dressing blue
- ☐ 4 portugese rolls split
- ☐ 4 oz swiss cheese
- ☐ 4 slices tomatoes
- ☐ 4 romaine leaves

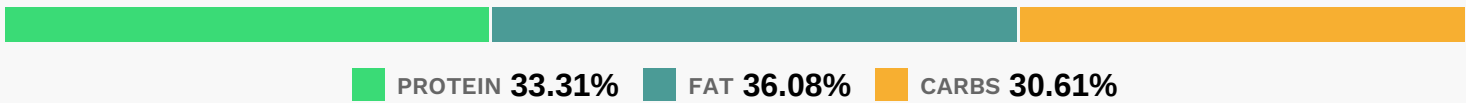
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ baking pan
- ☐ rolling pin
- ☐ meat tenderizer
- ☐ glass baking pan

Directions

- ☐ In 13x9-inch (3-quart) glass baking dish, mix Buffalo wing sauce and pepper blend.
- ☐ Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/4 inch thick.
- ☐ Add chicken to sauce in baking dish; turn to coat both sides with sauce. Cover; refrigerate 20 minutes to marinate.
- ☐ In 12-inch skillet, heat oil over medium heat.
- ☐ Add chicken; cook 10 to 13 minutes, turning once, until no longer pink in center.
- ☐ Spread 1 tablespoon dressing on bottom half of each roll. Top with chicken, cheese, tomato, lettuce and tops of rolls.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:23.38, Inflammation Score:-9, Nutrition Score:21.840000007464%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 468.23kcal (23.41%), Fat: 18.49g (28.45%), Saturated Fat: 6.73g (42.05%), Carbohydrates: 35.3g (11.77%), Net Carbohydrates: 33.61g (12.22%), Sugar: 5.71g (6.35%), Cholesterol: 99.09mg (33.03%), Sodium: 1241.61mg (53.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.41g (76.82%), Selenium: 45.22µg (64.6%), Iron: 11.5mg (63.87%), Vitamin B3: 12.11mg (60.56%), Vitamin B6: 0.92mg (45.93%), Vitamin A: 2273.02IU (45.46%), Phosphorus: 427.41mg (42.74%), Calcium: 290.45mg (29.04%), Vitamin B12: 1.12µg (18.64%), Vitamin B5: 1.77mg (17.65%), Potassium: 554.34mg (15.84%), Vitamin B2: 0.24mg (14.36%), Zinc: 2.03mg (13.54%), Magnesium: 46.43mg (11.61%), Vitamin C: 9.43mg (11.43%), Vitamin K: 10.25µg (9.76%), Manganese: 0.15mg (7.65%), Vitamin B1: 0.11mg (7.53%), Fiber: 1.69g (6.77%), Vitamin E: 0.92mg (6.15%), Folate: 20.76µg (5.19%), Copper: 0.06mg (3.24%)