



Caesar Chicken-Salad Sandwiches

READY IN



45 min.

SERVINGS



2

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon anchovy paste
- ☐ 0.5 teaspoon bottled garlic minced
- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon juice of lemon fresh divided
- ☐ 3 tablespoons mayonnaise light
- ☐ 2 teaspoons soya sauce low-sodium
- ☐ 4.8 ounce whole-grain bread
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.1 teaspoon pepper

- ☐ 2 romaine lettuce leaves
- ☐ 8 ounce skinned
- ☐ 1 inch tomatoes

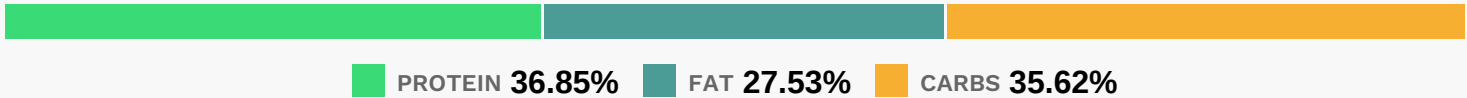
Equipment

- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Combine chicken, 2 teaspoons lemon juice, and soy sauce in a large zip-top plastic bag; seal and marinate in refrigerator for 10 minutes, turning bag once.
- ☐ Remove chicken from bag.
- ☐ Place chicken on a broiler pan coated with cooking spray; broil 6 minutes on each side or until done. Cool; shred chicken with 2 forks.
- ☐ Combine chicken, 1 teaspoon lemon juice, mayonnaise, and next 5 ingredients (mayonnaise through pepper).
- ☐ Spread 1 cup chicken mixture over each of 2 bread slices. Top each with 1 lettuce leaf, 2 tomato slices, and 1 bread slice. Store sandwiches in small zip-top bags in refrigerator.

Nutrition Facts



Properties

Glycemic Index:100.85, Glycemic Load:17.75, Inflammation Score:-9, Nutrition Score:28.656086854313%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 389.46kcal (19.47%), Fat: 11.77g (18.11%), Saturated Fat: 2.7g (16.87%), Carbohydrates: 34.28g (11.43%), Net Carbohydrates: 29.37g (10.68%), Sugar: 4.38g (4.87%), Cholesterol: 81.56mg (27.19%), Sodium: 964.05mg (41.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.47g (70.93%), Selenium: 58.34µg (83.34%), Manganese: 1.59mg (79.55%), Vitamin B3: 15.33mg (76.65%), Vitamin B6: 1.05mg (52.73%), Vitamin A: 2547.01IU (50.94%), Phosphorus: 443.42mg (44.34%), Vitamin K: 46.14µg (43.94%), Vitamin B1: 0.37mg (24.97%), Magnesium: 94.76mg (23.69%), Vitamin B5: 2.21mg (22.08%), Potassium: 721.46mg (20.61%), Fiber: 4.91g (19.63%), Folate: 76.65µg (19.16%), Calcium: 181.22mg (18.12%), Vitamin B2: 0.28mg (16.73%), Zinc: 2.26mg (15.1%), Iron: 2.7mg (15.02%), Copper: 0.22mg (11.03%), Vitamin E: 1.2mg (8.03%), Vitamin C: 5.96mg (7.22%), Vitamin B12: 0.31µg (5.12%), Vitamin D: 0.16µg (1.09%)