



Caesar Chicken Subs

 Popular

READY IN



15 min.

SERVINGS



4

CALORIES



638 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 sandwich rolls (6 inch)
- ☐ 0.3 cup caesar dressing
- ☐ 0.5 package pepperoni sliced (3.5-oz size)
- ☐ 0.8 lb rotisserie chicken cut cut into 1/4-inch slices (from)
- ☐ 4 oz monterrey jack cheese
- ☐ 4 slices tomatoes cut in half
- ☐ 4 romaine leaves
- ☐ 0.5 medium onion red thinly sliced

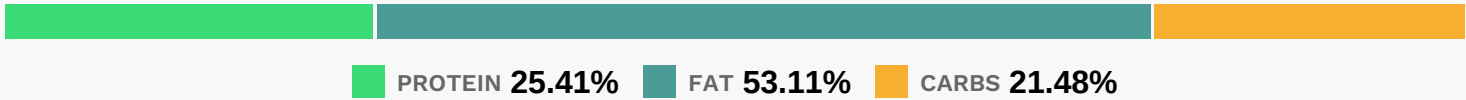
Equipment

- ☐ toothpicks

Directions

- ☐ Cut rolls horizontally in half (if using baguette, first cut into fourths).
- ☐ Spread dressing over cut sides of rolls.
- ☐ Layer bottom halves of rolls with pepperoni, chicken, cheese, tomato, lettuce and onion. Top with roll tops; press gently. Secure with toothpicks.
- ☐ Cut each sandwich diagonally in half.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.67, Inflammation Score:-9, Nutrition Score:16.65652179718%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg

Nutrients (% of daily need)

Calories: 638.17kcal (31.91%), Fat: 37.54g (57.75%), Saturated Fat: 12.46g (77.88%), Carbohydrates: 34.15g (11.39%), Net Carbohydrates: 31.95g (11.62%), Sugar: 3.25g (3.61%), Cholesterol: 131.61mg (43.87%), Sodium: 1299.35mg (56.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.41g (80.83%), Selenium: 32.03µg (45.76%), Vitamin A: 2226.81IU (44.54%), Calcium: 292.89mg (29.29%), Manganese: 0.5mg (24.91%), Vitamin B1: 0.37mg (24.45%), Vitamin K: 24.82µg (23.64%), Phosphorus: 231.87mg (23.19%), Vitamin B2: 0.38mg (22.48%), Folate: 76.31µg (19.08%), Vitamin B3: 3.6mg (18.01%), Iron: 2.84mg (15.76%), Zinc: 1.96mg (13.03%), Vitamin C: 9.1mg (11.02%), Vitamin E: 1.64mg (10.96%), Fiber: 2.21g (8.83%), Vitamin B6: 0.17mg (8.66%), Magnesium: 34.07mg (8.52%), Vitamin B12: 0.47µg (7.84%), Potassium: 269.12mg (7.69%), Copper: 0.14mg (7.06%), Vitamin B5: 0.56mg (5.59%), Vitamin D: 0.42µg (2.79%)