



Cajun Chicken Melt

READY IN



10 min.

SERVINGS



1

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 slices oscar mayer deli bold chicken breast fresh cajun style
- 2 slices bread italian
- 1 singles kraft
- 1.5 tsp real mayo mayonnaise kraft
- 2 tsp olive oil
- 1 small pepperoncini pepper stemmed sliced
- 3 roasted pepper strips red

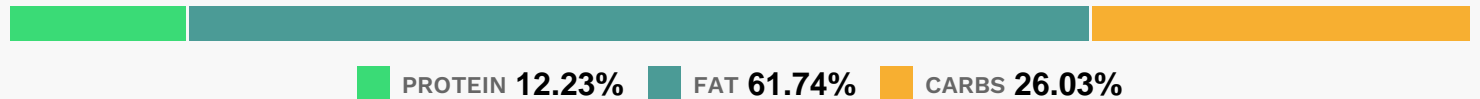
Equipment

frying pan

Directions

- Spread 1 bread slice with mayo. Fill bread slices with all remaining ingredients except oil.
- Brush outside of sandwich with oil.
- Cook in skillet on medium heat 3 min. on each side or until Singles is melted and sandwich is golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:82, Glycemic Load:0.14, Inflammation Score:-6, Nutrition Score:12.803478195615%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 414.57kcal (20.73%), Fat: 28.88g (44.43%), Saturated Fat: 9.97g (62.28%), Carbohydrates: 27.4g (9.13%), Net Carbohydrates: 24.41g (8.88%), Sugar: 12.83g (14.25%), Cholesterol: 27.16mg (9.05%), Sodium: 2213.85mg (96.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.87g (25.74%), Vitamin C: 51.62mg (62.57%), Vitamin B3: 6.77mg (33.85%), Vitamin B6: 0.41mg (20.73%), Phosphorus: 172.43mg (17.24%), Vitamin K: 16.83µg (16.03%), Manganese: 0.32mg (15.81%), Potassium: 438.6mg (12.53%), Vitamin A: 612.55IU (12.25%), Fiber: 2.99g (11.95%), Folate: 46.79µg (11.7%), Iron: 2.08mg (11.53%), Vitamin E: 1.66mg (11.05%), Selenium: 6.86µg (9.79%), Copper: 0.17mg (8.42%), Magnesium: 33.26mg (8.31%), Vitamin B1: 0.11mg (7.23%), Vitamin B2: 0.11mg (6.42%), Calcium: 62.91mg (6.29%), Vitamin B5: 0.53mg (5.34%), Zinc: 0.57mg (3.8%), Vitamin B12: 0.07µg (1.24%)