



## California Chicken Sandwich

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 avocado peeled cut into 8 wedges
- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 cup mayonnaise fat-free
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.1 teaspoon hot sauce
- ☐ 1 teaspoon juice of lime
- ☐ 2 tablespoons orange juice concentrate thawed
- ☐ 2 plum tomatoes cut lengthwise into 4 slices
- ☐ 4 small romaine lettuce leaves

- ☐ 0.3 teaspoon salt
- ☐ 16 ounce skinned
- ☐ 1.5 ounce diagonally cut sourdough bread toasted

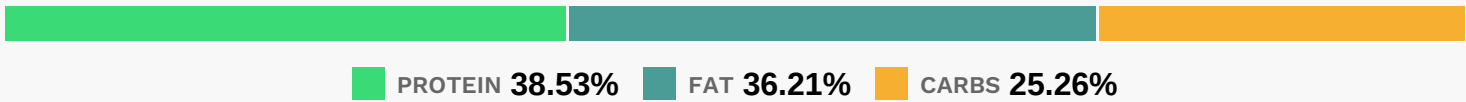
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ To prepare citrus mayonnaise, combine first 5 ingredients in a small bowl.
- ☐ To prepare the sandwiches, sprinkle chicken with salt and pepper.
- ☐ Place a large nonstick skillet coated with cooking spray over medium-high heat; add chicken. Cook 5 minutes on each side. Reduce heat to low. Cover; cook 5 minutes or until done.
- ☐ Remove from heat.
- ☐ Cut chicken diagonally across grain into thin slices.
- ☐ Spread 1 tablespoon citrus mayonnaise on each of 4 bread slices. Top with 1 lettuce leaf, 1 chicken breast half, 2 tomato slices, 2 avocado wedges, and remaining bread slices.

## Nutrition Facts



## Properties

Glycemic Index:48.88, Glycemic Load:4.95, Inflammation Score:-9, Nutrition Score:23.35478284048%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 277.46kcal (13.87%), Fat: 11.32g (17.42%), Saturated Fat: 1.91g (11.96%), Carbohydrates: 17.78g (5.93%), Net Carbohydrates: 12.73g (4.63%), Sugar: 6.18g (6.87%), Cholesterol: 74.31mg (24.77%), Sodium: 504.16mg (21.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.12g (54.24%), Vitamin B3: 13.58mg (67.9%), Selenium: 39.75µg (56.78%), Vitamin A: 2836.78IU (56.74%), Vitamin B6: 1.06mg (52.83%), Vitamin K: 46.91µg (44.68%), Phosphorus: 298.28mg (29.83%), Vitamin C: 22.96mg (27.83%), Folate: 106.91µg (26.73%), Potassium: 881.26mg (25.18%), Vitamin B5: 2.46mg (24.61%), Fiber: 5.05g (20.19%), Vitamin B1: 0.24mg (15.71%), Vitamin B2: 0.27mg (15.62%), Magnesium: 58.89mg (14.72%), Manganese: 0.25mg (12.38%), Vitamin E: 1.55mg (10.3%), Iron: 1.69mg (9.39%), Copper: 0.19mg (9.28%), Zinc: 1.24mg (8.28%), Vitamin B12: 0.23µg (3.78%), Calcium: 36.41mg (3.64%)