



Charroula Grilled Chicken Sandwiches

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula
- ☐ 4 ciabatta rolls split
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 teaspoon kosher salt divided
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup mayonnaise

- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 teaspoon paprika smoked spanish
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup roasted peppers red drained chopped
- ☐ 4 strips. (1 lb. total)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ plastic wrap
- ☐ grill

Directions

- ☐ Mix oil, lemon juice, 1/2 tsp. salt, the spices, garlic, and cilantro together in a medium bowl. Set aside 1/4 cup of the marinade.
- ☐ Add chicken to bowl, turning to coat evenly.
- ☐ Let chicken marinate, chilled, at least 30 minutes and up to 4 hours.
- ☐ Blend mayonnaise, red peppers, and remaining 1/2 tsp. salt in a food processor until smooth, about 1 minute. Chill until ready to use.
- ☐ Prepare grill for high heat (450 to 550).
- ☐ Brush bottom halves of each roll with 1 tbsp. of reserved marinade mixture. Cook chicken, turning once, until grill marks appear and meat is cooked through, 7 to 10 minutes. Grill rolls cut side down until warmed and grill marks appear, about 2 minutes.
- ☐ Let both cool.
- ☐ To assemble: Set 1 chicken thigh onto bottom half of 1 roll.
- ☐ Spread 2 tbsp. mayo onto cut side of top half.
- ☐ Sprinkle with 1/2 cup arugula and set top of roll on chicken.
- ☐ Make ahead: Wrap well in plastic wrap and chill overnight. Or make through step 3, then assemble at the last minute.

Nutrition Facts



 **PROTEIN 15.87%**  **FAT 65.09%**  **CARBS 19.04%**

Properties

Glycemic Index:49, Glycemic Load:0.21, Inflammation Score:-5, Nutrition Score:12.533478236717%

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: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 599.52kcal (29.98%), Fat: 43.35g (66.69%), Saturated Fat: 8.82g (55.1%), Carbohydrates: 28.54g (9.51%), Net Carbohydrates: 27.37g (9.95%), Sugar: 0.55g (0.61%), Cholesterol: 116.62mg (38.87%), Sodium: 1155.68mg (50.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.77g (47.55%), Vitamin K: 47.95µg (45.66%), Selenium: 21.68µg (30.97%), Vitamin B3: 5.41mg (27.03%), Vitamin B6: 0.44mg (21.87%), Phosphorus: 193.05mg (19.3%), Vitamin E: 2.87mg (19.14%), Vitamin A: 696.58IU (13.93%), Vitamin B5: 1.25mg (12.53%), Vitamin B12: 0.74µg (12.33%), Vitamin C: 8.99mg (10.9%), Zinc: 1.54mg (10.3%), Vitamin B2: 0.17mg (10.2%), Potassium: 315.62mg (9.02%), Magnesium: 29.75mg (7.44%), Iron: 1.32mg (7.33%), Vitamin B1: 0.1mg (6.54%), Manganese: 0.11mg (5.62%), Fiber: 1.17g (4.67%), Copper: 0.09mg (4.59%), Folate: 17.61µg (4.4%), Calcium: 35.58mg (3.56%)