



## Cheesy BBQ Chicken Sandwiches

READY IN



20 min.

SERVINGS



20

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup original barbecue sauce kraft
- 0.8 cup milk cheddar cheese shredded 2% kraft
- 1 onion separated thinly sliced
- 4 sandwich rolls whole wheat split (6 inch)
- 1 lb chicken breasts boneless skinless

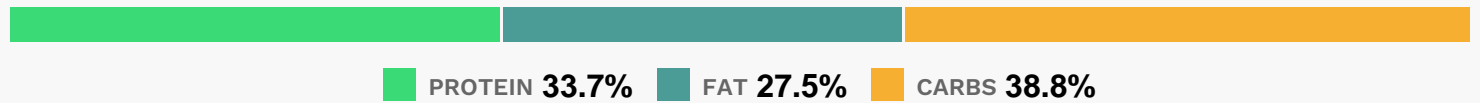
### Equipment

- frying pan

## Directions

- Cook onions in large covered skillet sprayed with cooking spray on medium-high heat 2 min.; stir, then push to one side of skillet.
- Add chicken; cook 4 min. Turn chicken; top with barbecue sauce. Cook, covered, on medium-low 6 min. or until chicken is done (165F). Stir onions.
- Sprinkle chicken with cheese; cook, covered, 1 min. or until cheese is melted.
- Fill rolls with chicken and onions.

## Nutrition Facts



## Properties

Glycemic Index:2.7, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:4.1386956170849%

## Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

## Nutrients (% of daily need)

Calories: 84.89kcal (4.24%), Fat: 2.55g (3.92%), Saturated Fat: 1.02g (6.34%), Carbohydrates: 8.08g (2.69%), Net Carbohydrates: 7.7g (2.8%), Sugar: 1.64g (1.82%), Cholesterol: 18.75mg (6.25%), Sodium: 153.08mg (6.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.04%), Selenium: 12.99µg (18.55%), Vitamin B3: 2.88mg (14.39%), Vitamin B6: 0.19mg (9.3%), Phosphorus: 80.74mg (8.07%), Vitamin B1: 0.07mg (4.91%), Vitamin B2: 0.08mg (4.89%), Calcium: 44.37mg (4.44%), Vitamin B5: 0.4mg (4%), Folate: 13.74µg (3.44%), Manganese: 0.07mg (3.39%), Potassium: 115.81mg (3.31%), Magnesium: 11.13mg (2.78%), Iron: 0.5mg (2.77%), Zinc: 0.41mg (2.73%), Fiber: 0.39g (1.55%), Copper: 0.03mg (1.54%), Vitamin B12: 0.09µg (1.5%), Vitamin A: 57.38IU (1.15%), Vitamin E: 0.15mg (1.02%)