



## Cheesy Chicken Ranch Sandwiches

 Dairy Free

READY IN



24 min.

SERVINGS



24

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 bread rolls split french
- 6 large lettuce leaves
- 0.7 cup classic ranch dressing divided kraft
- 1.5 lb chicken breasts boneless skinless
- 6 oz velveeta cut into 6 slices
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### Equipment

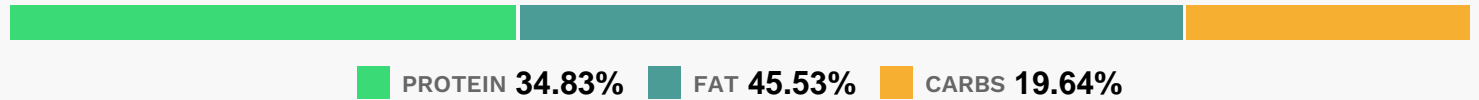
- broiler

broiler pan

## Directions

- Heat broiler.
- Place chicken on rack of broiler pan sprayed with cooking spray.
- Brush with 1/3 cup dressing.
- Broil, 3 to 4 inches from heat, 5 to 6 min. on each side or until chicken is done (165F). Top with VELVEETA; broil 2 min. or until melted.
- Spread rolls with remaining dressing; fill with lettuce and chicken.

## Nutrition Facts



## Properties

Glycemic Index:2.44, Glycemic Load:1.79, Inflammation Score:-4, Nutrition Score:4.7756521306608%

## Nutrients (% of daily need)

Calories: 81.07kcal (4.05%), Fat: 4.02g (6.18%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 3.9g (1.3%), Net Carbohydrates: 3.56g (1.29%), Sugar: 0.77g (0.86%), Cholesterol: 19.88mg (6.63%), Sodium: 127.74mg (5.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.83%), Vitamin B3: 3.38mg (16.88%), Selenium: 11.36µg (16.22%), Vitamin B6: 0.23mg (11.41%), Vitamin A: 455.42IU (9.11%), Vitamin K: 9.33µg (8.89%), Phosphorus: 82.7mg (8.27%), Manganese: 0.11mg (5.42%), Vitamin B5: 0.51mg (5.15%), Potassium: 130.67mg (3.73%), Vitamin B1: 0.05mg (3.59%), Vitamin B2: 0.06mg (3.4%), Magnesium: 11.35mg (2.84%), Folate: 9.63µg (2.41%), Iron: 0.43mg (2.39%), Zinc: 0.26mg (1.74%), Vitamin C: 1.43mg (1.74%), Vitamin E: 0.23mg (1.55%), Calcium: 14.19mg (1.42%), Fiber: 0.34g (1.36%), Vitamin B12: 0.07µg (1.13%)