



Cheesy Southwest Chicken Sandwiches

READY IN



20 min.

SERVINGS



20

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 hamburger buns
- 6 singles kraft
- 6 lettuce leaves
- 0.3 cup classic ranch dressing kraft
- 0.3 cup taco bellâ® & chunky salsa thick
- 1.5 lb chicken breasts boneless skinless

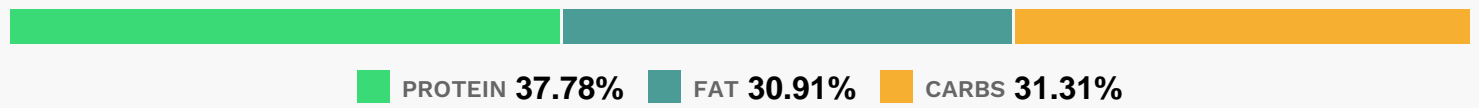
Equipment

- frying pan

Directions

- Heat skillet sprayed with cooking spray on medium heat.
- Add chicken; cook 5 to 7 min. on each side or until done (165F).
- Remove from heat.
- Top with salsa and Singles; cover.
- Let stand 2 min. Meanwhile, spread bottom halves of buns with dressing.
- Fill buns with lettuce and chicken.

Nutrition Facts



Properties

Glycemic Index:3.1, Glycemic Load:3.86, Inflammation Score:-5, Nutrition Score:5.8699999166572%

Nutrients (% of daily need)

Calories: 94.75kcal (4.74%), Fat: 3.18g (4.89%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 7.24g (2.41%), Net Carbohydrates: 6.86g (2.49%), Sugar: 1.38g (1.54%), Cholesterol: 22.86mg (7.62%), Sodium: 173.57mg (7.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.74g (17.48%), Selenium: 14.62µg (20.88%), Vitamin B3: 4.17mg (20.83%), Vitamin B6: 0.28mg (13.95%), Vitamin A: 572.24IU (11.44%), Phosphorus: 98.15mg (9.82%), Vitamin B1: 0.1mg (6.74%), Vitamin K: 6.23µg (5.93%), Vitamin B5: 0.53mg (5.25%), Manganese: 0.1mg (5.23%), Vitamin B2: 0.09mg (5.01%), Potassium: 170.03mg (4.86%), Folate: 16.56µg (4.14%), Iron: 0.66mg (3.69%), Magnesium: 13.6mg (3.4%), Calcium: 27.34mg (2.73%), Vitamin C: 1.95mg (2.37%), Zinc: 0.33mg (2.19%), Vitamin E: 0.26mg (1.75%), Vitamin B12: 0.1µg (1.68%), Fiber: 0.38g (1.53%), Copper: 0.03mg (1.34%)