



Chicken-Almond Baguette

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



296 kcal

Ingredients

- ☐ 2.5 cups roasted chicken cooked chopped
- ☐ 0.8 cup salad dressing
- ☐ 0.5 cup celery stalks chopped
- ☐ 0.5 cup slivered almonds toasted
- ☐ 0.5 teaspoon onion salt
- ☐ 1 crusty baguette
- ☐ 1 serving romaine leaves
- ☐ 2 medium tomatoes thinly sliced
- ☐ 6 ounces gorgonzola dip frozen thawed

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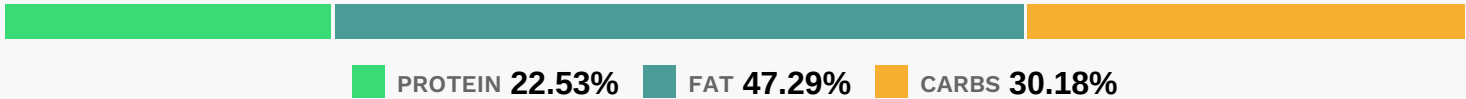
1 serving spring onion sliced

Equipment

Directions

- ☐ Mix chicken, mayonnaise, celery, almonds and onion salt.
- ☐ Cut baguette lengthwise in half.
- ☐ Arrange lettuce on bottom half of baguette; top with tomato slices.
- ☐ Spread chicken mixture over tomatoes; top with avocado dip.
- ☐ Sprinkle with green onions. Top with remaining baguette half.
- ☐ Cut diagonally into 8 slices.

Nutrition Facts



Properties

Glycemic Index:22.97, Glycemic Load:10.73, Inflammation Score:-6, Nutrition Score:11.549130491588%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 295.59kcal (14.78%), Fat: 15.39g (23.67%), Saturated Fat: 3.65g (22.82%), Carbohydrates: 22.1g (7.37%), Net Carbohydrates: 20.08g (7.3%), Sugar: 6.5g (7.22%), Cholesterol: 32.81mg (10.94%), Sodium: 718.15mg (31.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.49g (32.99%), Vitamin B3: 5.36mg (26.79%), Selenium: 16.9µg (24.15%), Manganese: 0.37mg (18.28%), Vitamin K: 19.1µg (18.2%), Vitamin E: 2.5mg (16.65%), Vitamin B1: 0.24mg (16.22%), Phosphorus: 159.5mg (15.95%), Vitamin B2: 0.25mg (14.98%), Vitamin B6: 0.27mg (13.4%), Folate: 47.1µg

(11.77%), Iron: 2.05mg (11.39%), Vitamin A: 540.02IU (10.8%), Magnesium: 41.26mg (10.31%), Calcium: 94.74mg (9.47%), Potassium: 304.13mg (8.69%), Fiber: 2.02g (8.08%), Zinc: 1.21mg (8.05%), Copper: 0.16mg (7.88%), Vitamin C: 5.18mg (6.28%), Vitamin B5: 0.62mg (6.18%), Vitamin B12: 0.13µg (2.11%)