



Chicken-and-Brie Sandwich with Roasted Cherry Tomatoes

READY IN



45 min.

SERVINGS



6

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon balsamic vinegar
- 2 tablespoons balsamic vinegar
- 0.1 teaspoon pepper black
- 3 ounces brie cheese sliced
- 1 pound cherry tomatoes halved
- 1 pound chicken breast shredded cooked
- 16 ounce bread french cut in half horizontally
- 1 tablespoon thyme leaves fresh chopped

- 1 garlic clove minced
- 0.1 teaspoon kosher salt
- 0.3 teaspoon kosher salt
- 0.3 cup mayonnaise low-fat
- 1 teaspoon olive oil
- 2 teaspoons olive oil extra-virgin
- 2 cups pkt spinach fresh
- 1 tablespoon whole-grain dijon mustard

Equipment

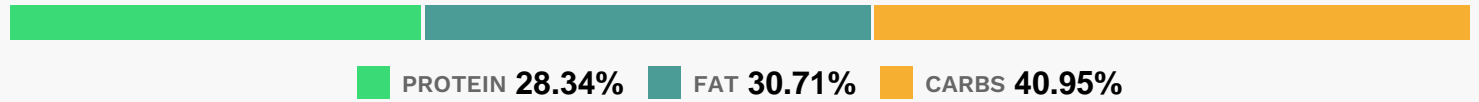
- bowl
- frying pan
- oven
- whisk
- aluminum foil

Directions

- Preheat oven to 300
- Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- Add tomatoes; cook 4 minutes, stirring once.
- Remove from heat; stir in 2 tablespoons vinegar.
- Sprinkle tomatoes with thyme, 1/4 teaspoon salt, and pepper. Wrap handle of pan with foil; bake at 300 for 15 minutes. Keep warm.
- Combine mayonnaise, mustard, and garlic in a small bowl.
- Spread mayonnaise mixture evenly over top half of bread loaf. Spoon tomatoes evenly over bottom half of loaf. Arrange Brie over tomatoes; top with chicken.
- Combine 2 teaspoons oil, 1 teaspoon vinegar, and 1/8 teaspoon salt in a medium bowl, stirring with a whisk.
- Add spinach, tossing gently to coat. Top chicken with spinach mixture; replace top half of bread.

Cut loaf into 6 pieces.

Nutrition Facts



Properties

Glycemic Index:63.08, Glycemic Load:30.95, Inflammation Score:-9, Nutrition Score:24.22695664608%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 444kcal (22.2%), Fat: 15.07g (23.18%), Saturated Fat: 4.86g (30.39%), Carbohydrates: 45.22g (15.07%), Net Carbohydrates: 42.51g (15.46%), Sugar: 6.78g (7.53%), Cholesterol: 72.37mg (24.12%), Sodium: 868.86mg (37.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.3g (62.59%), Selenium: 43.92µg (62.74%), Vitamin K: 57.6µg (54.86%), Vitamin B3: 10.17mg (50.85%), Vitamin B1: 0.64mg (42.38%), Folate: 136.3µg (34.08%), Vitamin B2: 0.55mg (32.41%), Manganese: 0.64mg (31.81%), Vitamin A: 1486.3IU (29.73%), Phosphorus: 284.58mg (28.46%), Iron: 5.05mg (28.07%), Vitamin C: 22.08mg (26.76%), Vitamin B6: 0.52mg (25.78%), Zinc: 2.49mg (16.58%), Magnesium: 61.8mg (15.45%), Potassium: 526.99mg (15.06%), Copper: 0.24mg (12.21%), Vitamin B5: 1.21mg (12.1%), Fiber: 2.7g (10.82%), Calcium: 102.41mg (10.24%), Vitamin E: 1.32mg (8.81%), Vitamin B12: 0.45µg (7.55%)