



## Chicken and Caramelized-Onion Sandwiches

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



379 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons olive oil
- 2 medium onion cut into 1/4-inch-thick slices
- 2 tablespoons brown sugar
- 2 tablespoons apple cider vinegar
- 1 tablespoon soya sauce
- 8 crusty rolls frozen french (from 12.4-oz. pkg.)
- 1 oz chicken breast strips/pre-cooked/chopped cooked
- 8 romaine leaves

- 8 slices tomatoes thin
- 2 teaspoons dijon mustard

## Equipment

- frying pan
- oven

## Directions

- Heat oil in large skillet over medium-high heat until hot.
- Add onions; cook about 3 minutes or until soft, stirring frequently. Stir in brown sugar, vinegar and soy sauce. Reduce heat to medium; cook 6 to 8 minutes or until onions are deep golden brown and very tender, stirring occasionally.
- Meanwhile, bake dinner rolls as directed on package.
- To assemble sandwiches, split warm rolls.
- Layer caramelized onions, chicken, lettuce and tomato on bottom halves of rolls.
- Spread top halves with mustard; cover sandwiches with top halves of rolls.

## Nutrition Facts



**PROTEIN 12.34%** **FAT 26.5%** **CARBS 61.16%**

## Properties

Glycemic Index:38, Glycemic Load:1.75, Inflammation Score:-10, Nutrition Score:19.48260870009%

## Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 11.48mg, Quercetin: 11.48mg, Quercetin: 11.48mg, Quercetin: 11.48mg

## Nutrients (% of daily need)

Calories: 379.31kcal (18.97%), Fat: 11.2g (17.24%), Saturated Fat: 1.91g (11.94%), Carbohydrates: 58.19g (19.4%), Net Carbohydrates: 53.23g (19.36%), Sugar: 10.46g (11.62%), Cholesterol: 6.02mg (2.01%), Sodium: 798.29mg (34.71%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.74g (23.48%), Vitamin A: 4008.1IU (80.16%), Manganese: 0.81mg (40.69%), Selenium: 27.48µg (39.26%), Vitamin B1: 0.56mg (37.03%), Folate: 135.3µg (33.82%), Vitamin B3: 5.49mg (27.44%), Vitamin C: 20.12mg (24.39%), Vitamin B2: 0.35mg (20.45%), Fiber: 4.96g (19.83%), Iron: 3.34mg (18.56%), Phosphorus: 140.62mg (14.06%), Potassium: 444.4mg (12.7%), Vitamin B6: 0.25mg (12.32%), Calcium: 122.7mg (12.27%), Vitamin E: 1.74mg (11.6%), Magnesium: 40.85mg (10.21%), Vitamin K: 10.31µg (9.82%), Copper: 0.18mg (9.21%), Zinc: 1.17mg (7.78%), Vitamin B5: 0.61mg (6.05%)