



Chicken and Gravy Sandwiches

READY IN



40 min.

SERVINGS



4

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 2 cups chicken stock see
- ☐ 1 loaf top french (shorter, slightly wider baguettes)
- ☐ 1 tablespoon dijon mustard
- ☐ 1 leaf half a palmful flat parsley finely chopped
- ☐ 3 tablespoons flour all-purpose
- ☐ 3 small cloves garlic minced
- ☐ 2 juice of lemon juiced (enough to yield)
- ☐ 0.3 cup olive oil extra-virgin

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 pieces chicken breasts boneless skinless
- ☐ 1 teaspoon sugar

Equipment

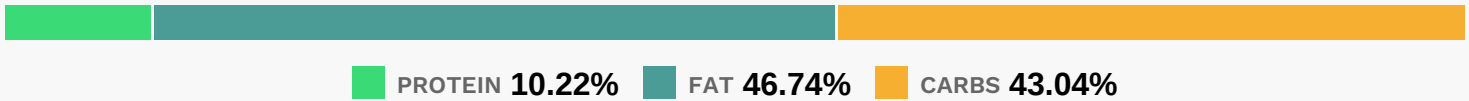
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ grill
- ☐ broiler
- ☐ tongs
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Heat the oven to low heat.
- ☐ In a bowl, add the lemon juice, sugar or honey, parsley, garlic and extra-virgin olive oil. Stir to combine. Season the chicken with salt and pepper and add to the dressing, turn to coat and let marinate for 15 minutes.
- ☐ Heat a large skillet, broiler, grill or grill pan. Shake off excess marinade and cook the chicken for 6 minutes on each side.
- ☐ Remove to a cutting board, let rest for a few minutes and slice on an angle.
- ☐ While the chicken marinades and cooks, add the butter to a sauce pot over medium heat. When the butter melts, stir in the flour, cook 1 minute, then whisk in the stock. Cook until thickened to a light gravy, about 5 to 6 minutes. Season with black pepper, remove from the heat and stir in the Dijon.
- ☐ While the chicken cooks, crisp the bread in the warm oven.

Cut the bread into 4 portions and split or halve. Use tongs to dip the sliced chicken in the gravy and fill the rolls. Arrange on a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:100.4, Glycemic Load:44.05, Inflammation Score:-6, Nutrition Score:17.707826069273%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 584.35kcal (29.22%), Fat: 30.64g (47.14%), Saturated Fat: 8.83g (55.18%), Carbohydrates: 63.49g (21.16%), Net Carbohydrates: 60.85g (22.13%), Sugar: 7.99g (8.88%), Cholesterol: 26.82mg (8.94%), Sodium: 884.7mg (38.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.08g (30.16%), Vitamin B1: 0.81mg (54.19%), Selenium: 35.19µg (50.28%), Vitamin B3: 7.21mg (36.06%), Folate: 143.38µg (35.84%), Vitamin B2: 0.57mg (33.48%), Manganese: 0.63mg (31.54%), Iron: 4.67mg (25.92%), Vitamin E: 3.13mg (20.85%), Vitamin K: 16.89µg (16.08%), Phosphorus: 157.09mg (15.71%), Copper: 0.24mg (11.94%), Vitamin B6: 0.23mg (11.42%), Fiber: 2.64g (10.56%), Magnesium: 42.07mg (10.52%), Zinc: 1.32mg (8.83%), Vitamin C: 7.11mg (8.61%), Potassium: 288.25mg (8.24%), Calcium: 67.33mg (6.73%), Vitamin A: 291.67IU (5.83%), Vitamin B5: 0.43mg (4.31%)