



Chicken and Grilled Vegetable Stacked Sandwiches

READY IN



25 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup salad dressing
- 1 clove garlic finely chopped
- 1 tablespoon juice of lemon fresh
- 1 small zucchini cut lengthwise into 4 thin slices
- 6 oz portabello mushrooms
- 2 tablespoons vegetable oil
- 0.5 teaspoon salt
- 0.1 teaspoon pepper

- 0.5 loaf bread french cut in half horizontally, then cut crosswise into 4 sections (1-lb size)
- 0.3 lb roasted chicken cooked thinly sliced (from deli)
- 1 plum tomatoes thinly sliced (Roma)
- 2 oz provolone cheese smoked thinly sliced
- 0.3 cup basil fresh packed

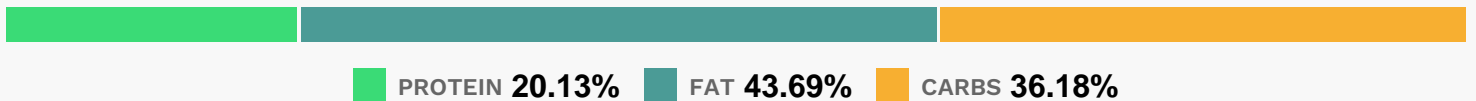
Equipment

- bowl
- grill

Directions

- In small bowl, mix Garlic-Lemon Mayonnaise ingredients; set aside.
- Heat gas or charcoal grill.
- Brush zucchini and mushroom caps with oil; sprinkle both sides with salt and pepper.
- Place vegetables on grill over medium-high heat. Cover grill; cook 6 minutes, turning once, until just tender. Slice mushroom caps; cool.
- Spread Garlic-Lemon Mayonnaise on cut sides of bread. On bottom halves of bread, layer zucchini, mushrooms, chicken, tomato, cheese and basil. Cover with top halves of bread.

Nutrition Facts



Properties

Glycemic Index:73.13, Glycemic Load:20.43, Inflammation Score:-6, Nutrition Score:16.190869595694%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 348.06kcal (17.4%), Fat: 17.06g (26.24%), Saturated Fat: 4.73g (29.56%), Carbohydrates: 31.78g (10.59%), Net Carbohydrates: 29.58g (10.76%), Sugar: 6.29g (6.99%), Cholesterol: 31.04mg (10.35%), Sodium: 869.04mg (37.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.68g (35.37%), Selenium: 31.71µg (45.3%), Vitamin B3: 6.84mg (34.22%), Vitamin K: 30.23µg (28.79%), Vitamin B1: 0.43mg (28.35%), Phosphorus: 242.68mg (24.27%), Vitamin B2: 0.39mg (22.9%), Folate: 87.45µg (21.86%), Manganese: 0.41mg (20.55%), Vitamin B6: 0.33mg (16.32%), Iron: 2.77mg (15.37%), Calcium: 150.71mg (15.07%), Copper: 0.25mg (12.74%), Potassium: 436.02mg (12.46%), Zinc: 1.79mg (11.93%), Vitamin C: 9.42mg (11.42%), Vitamin B5: 1.08mg (10.82%), Fiber: 2.2g (8.8%), Magnesium: 35.16mg (8.79%), Vitamin A: 409.52IU (8.19%), Vitamin E: 1.16mg (7.75%), Vitamin B12: 0.31µg (5.17%), Vitamin D: 0.2µg (1.32%)