



Chicken and Ham Sandwich with Artichoke-Tomato Spread

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 ounce artichoke hearts drained quartered canned
- 2 cups arugula trimmed
- 1 garlic clove
- 4 ounces 3%-less-sodium ham thinly sliced (1/)
- 4 ounces roasted boneless skinless chopped
- 0.3 cup oil-packed sun-dried tomato halves drained chopped
- 1 loaf pumpkin-walnut focaccia with gruyère, cut in half horizontally

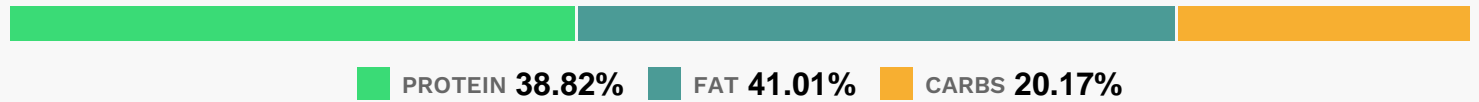
Equipment

food processor

Directions

- Combine first 3 ingredients in a food processor; process until smooth.
- Spread mixture on bottom half of Pumpkin-Walnut Focaccia with Gruyre; top with chicken, ham, and arugula.
- Place top half of bread on sandwich.
- Cut sandwich into 6 wedges.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:0.69, Inflammation Score:-2, Nutrition Score:4.3573912978172%

Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 111.3kcal (5.56%), Fat: 5g (7.7%), Saturated Fat: 1.58g (9.85%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 3.83g (1.39%), Sugar: 2.38g (2.65%), Cholesterol: 29.86mg (9.95%), Sodium: 540.96mg (23.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.66g (21.32%), Vitamin B1: 0.14mg (9.49%), Vitamin K: 9.25µg (8.81%), Fiber: 1.71g (6.84%), Potassium: 238.6mg (6.82%), Selenium: 4.64µg (6.63%), Vitamin B3: 1.28mg (6.42%), Phosphorus: 61.57mg (6.16%), Manganese: 0.12mg (6.14%), Vitamin B6: 0.1mg (4.95%), Copper: 0.09mg (4.5%), Vitamin B2: 0.07mg (4.16%), Magnesium: 16mg (4%), Vitamin A: 198.34IU (3.97%), Iron: 0.69mg (3.84%), Zinc: 0.57mg (3.81%), Vitamin C: 2.95mg (3.58%), Folate: 10.33µg (2.58%), Vitamin B5: 0.22mg (2.15%), Vitamin B12: 0.12µg (2.02%), Calcium: 18.1mg (1.81%)