



Chicken and Honey Sandwiches

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

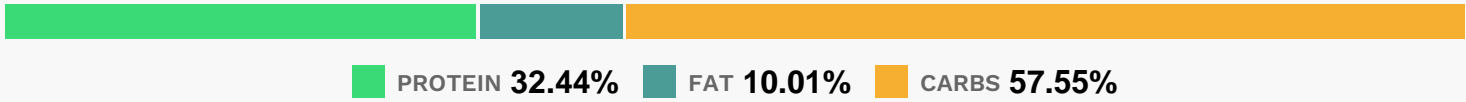
- ☐ 10 oz angel hair coleslaw
- ☐ 12 oz bread loaf french
- ☐ 15 fried chicken tenders
- ☐ 0.3 cup honey-mustard dressing

Equipment

Directions

- ☐
- Cut French bread loaf in half horizontally; scoop out soft bread from center of each half, leaving a 1/2-inch-thick shell to make filling the sandwich easier. (Reserve soft bread for another use.)
- ☐
- Toss together coleslaw and Honey-Mustard Dressing until coated.
- ☐
- Layer bottom shell with coleslaw and fried chicken tenders. Top with remaining bread shell.
- ☐
- Cut into sandwiches.

Nutrition Facts



Properties

Glycemic Index:20.42, Glycemic Load:36.87, Inflammation Score:-5, Nutrition Score:22.75695659285%

Nutrients (% of daily need)

Calories: 492.77kcal (24.64%), Fat: 5.32g (8.19%), Saturated Fat: 1.14g (7.12%), Carbohydrates: 68.86g (22.95%), Net Carbohydrates: 66.1g (24.04%), Sugar: 5.96g (6.62%), Cholesterol: 80mg (26.67%), Sodium: 541.04mg (23.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.82g (77.64%), Selenium: 86.08µg (122.97%), Vitamin B3: 16.57mg (82.87%), Vitamin B6: 1.06mg (53.2%), Phosphorus: 411.33mg (41.13%), Manganese: 0.75mg (37.46%), Vitamin B1: 0.53mg (35.01%), Vitamin B2: 0.4mg (23.26%), Vitamin B5: 2.17mg (21.74%), Folate: 83.24µg (20.81%), Magnesium: 75.69mg (18.92%), Iron: 3.29mg (18.3%), Potassium: 634.2mg (18.12%), Zinc: 1.98mg (13.21%), Copper: 0.26mg (12.82%), Fiber: 2.76g (11.04%), Calcium: 45.66mg (4.57%), Vitamin B12: 0.25µg (4.17%), Vitamin E: 0.41mg (2.72%), Vitamin C: 1.5mg (1.82%)