



Chicken and Red Bell Pepper Salad Sandwiches

READY IN



60 min.

SERVINGS



2

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon heavy cream
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 bell pepper red seeded
- ☐ 2 servings salt and pepper to taste
- ☐ 2 chicken breast halves boneless skinless
- ☐ 4 slices bread white

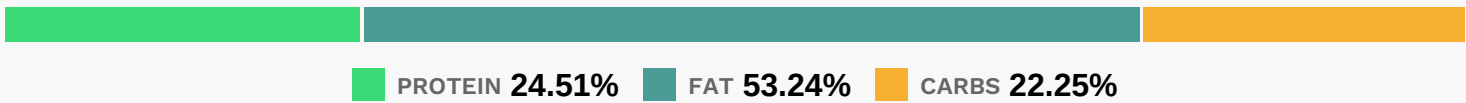
Equipment

- ☐ food processor
- ☐ pot
- ☐ kitchen thermometer

Directions

- ☐ Bring a large pot of water to a boil; add chicken and cook until no longer pink in the center and the juices run clear, about 20 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- ☐ Drain, cool and chop.
- ☐ Bring a small pot of water to a boil; add the bell pepper and cook until soft, about 10 minutes.
- ☐ Combine the bell pepper, chicken, cream, and mayonnaise in a food processor. Blend until mostly smooth. Season with salt and pepper.
- ☐ Spread about half of the mixture on each of two slices of bread and sandwich with the remaining bread.

Nutrition Facts



Properties

Glycemic Index:78.39, Glycemic Load:17.99, Inflammation Score:-8, Nutrition Score:22.810869512351%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 487.45kcal (24.37%), Fat: 28.46g (43.79%), Saturated Fat: 6.07g (37.94%), Carbohydrates: 26.77g (8.92%), Net Carbohydrates: 24.99g (9.09%), Sugar: 4.3g (4.78%), Cholesterol: 92.56mg (30.85%), Sodium: 744.39mg (32.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.48g (58.96%), Vitamin B3: 14.46mg (72.31%), Selenium: 48.66µg (69.51%), Vitamin B6: 0.98mg (49.19%), Vitamin C: 39.48mg (47.86%), Vitamin K: 47.66µg (45.39%), Phosphorus: 311.77mg (31.18%), Vitamin B1: 0.35mg (23.08%), Vitamin A: 1094.32IU (21.89%), Vitamin B5: 2.04mg (20.4%), Folate: 75.4µg (18.85%), Manganese: 0.35mg (17.44%), Vitamin B2: 0.28mg (16.34%), Potassium: 552.14mg (15.78%), Iron: 2.29mg (12.74%), Calcium: 120.54mg (12.05%), Vitamin E: 1.78mg (11.88%), Magnesium: 47.26mg (11.81%), Zinc: 1.23mg (8.2%), Fiber: 1.77g (7.1%), Copper: 0.1mg (5.19%), Vitamin B12: 0.27µg

(4.53%), Vitamin D: 0.29µg (1.93%)