



Chicken and Roasted Pepper Sandwiches with Cilantro Almond Relish

READY IN



60 min.

SERVINGS



6

CALORIES



548 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup blanched slivered almonds toasted
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.3 cup mayonnaise
- ☐ 1 teaspoon salt
- ☐ 1.5 tablespoons nigella seeds fresh chopped
- ☐ 2.5 lb chicken breast halves boneless skinless

- ☐ 3 tablespoons cream sour
- ☐ 10 cups water
- ☐ 12 slices sandwich bread whole-wheat
- ☐ 4 large bell pepper yellow

Equipment

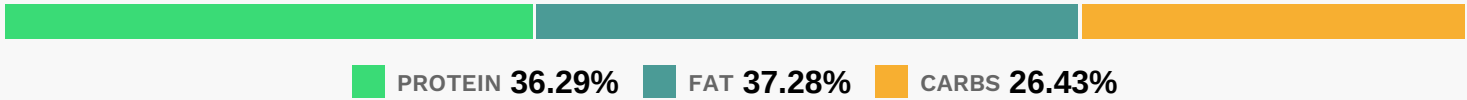
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ plastic wrap
- ☐ tongs
- ☐ broiler pan

Directions

- ☐ Bring water to a simmer in a 4- to 5-quart pot, then add chicken and simmer, uncovered, 6 minutes.
- ☐ Remove pan from heat and let stand, covered, until chicken is cooked through, about 15 minutes.
- ☐ Transfer chicken to a plate and cool completely, then cut diagonally into thin slices.
- ☐ Roast bell peppers on racks of gas burners over high heat, turning with tongs, until skins are blackened, 10 to 12 minutes. (Or broil peppers on rack of a broiler pan about 5 inches from heat, turning occasionally, about 15 minutes.)
- ☐ Transfer to a large bowl and cover tightly with plastic wrap, then let stand 20 minutes.
- ☐ When cool enough to handle, peel peppers, discarding stems and seeds, and cut lengthwise into 1 1/2-inch-wide strips.
- ☐ While peppers are standing, pulse almonds, garlic, and jalapeño in a food processor until finely chopped.
- ☐ Add cilantro, mayonnaise, lime juice, sour cream, and salt and blend to a paste.

- ☐ Spread cilantro relish on each slice of bread, then make sandwiches with chicken and roasted peppers, seasoning with salt and pepper.
- ☐ ·Chicken can be poached (but not sliced) 1 day ahead and chilled, covered.·Bell peppers can be roasted, peeled, and sliced 1 day ahead and chilled, covered.·Relish can be made 1 day ahead and chilled, its surface covered with plastic wrap.

Nutrition Facts



Properties

Glycemic Index:31.13, Glycemic Load:17.62, Inflammation Score:-9, Nutrition Score:35.084347927052%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 548.32kcal (27.42%), Fat: 22.64g (34.83%), Saturated Fat: 3.85g (24.09%), Carbohydrates: 36.11g (12.04%), Net Carbohydrates: 32.33g (11.76%), Sugar: 3.68g (4.09%), Cholesterol: 128.42mg (42.81%), Sodium: 932.38mg (40.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.58g (99.17%), Vitamin C: 232.99mg (282.41%), Vitamin B3: 23.67mg (118.33%), Selenium: 73.38µg (104.82%), Vitamin B6: 1.7mg (85%), Phosphorus: 550.49mg (55.05%), Manganese: 0.71mg (35.65%), Vitamin B5: 3.27mg (32.71%), Potassium: 1133.87mg (32.4%), Vitamin B1: 0.44mg (29.26%), Magnesium: 115.74mg (28.94%), Folate: 104.42µg (26.11%), Vitamin B2: 0.44mg (26.07%), Vitamin E: 3.73mg (24.88%), Vitamin K: 24.1µg (22.95%), Copper: 0.44mg (22.24%), Iron: 3.43mg (19.07%), Calcium: 179.53mg (17.95%), Fiber: 3.81g (15.24%), Zinc: 2.2mg (14.68%), Vitamin A: 533.23IU (10.66%), Vitamin B12: 0.4µg (6.7%), Vitamin D: 0.21µg (1.38%)