



## Chicken-Arugula Salad Open-Faced Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 cups arugula packed
- ☐ 4 ounce bread gluten-free lightly toasted
- ☐ 2 cups chicken breast diced cooked
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1.5 ounces feta cheese crumbled reduced-fat
- ☐ 1 teaspoon rosemary fresh crushed
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 cup onion red finely chopped
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 6 ounce tomatoes cut into 4 slices

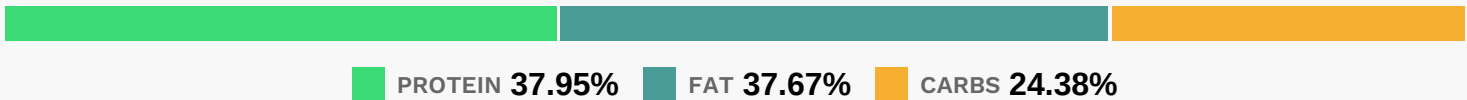
## Equipment

- ☐ bowl
- ☐ whisk

## Directions

- ☐ Combine first 7 ingredients in a medium bowl, stirring with a whisk.
- ☐ Add chicken, onion, and cheese, tossing gently.
- ☐ Place 1 toast slice on each of 4 plates. Top each with 1/2 cup arugula, 1 tomato slice, and about 1/2 cup chicken mixture.

## Nutrition Facts



## Properties

Glycemic Index:47.67, Glycemic Load:8.08, Inflammation Score:-7, Nutrition Score:14.710000202708%

## Flavonoids

Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg, Isorhamnetin: 0.93mg Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg, Kaempferol: 3.6mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

## Nutrients (% of daily need)

Calories: 295.99kcal (14.8%), Fat: 12.31g (18.94%), Saturated Fat: 2.66g (16.65%), Carbohydrates: 17.92g (5.97%), Net Carbohydrates: 15.77g (5.73%), Sugar: 3.79g (4.21%), Cholesterol: 65.2mg (21.73%), Sodium: 434.2mg (18.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.9g (55.81%), Vitamin B3: 11.51mg (57.57%), Selenium: 27.81µg (39.74%), Vitamin B6: 0.53mg (26.43%), Manganese: 0.49mg (24.27%), Phosphorus: 217.83mg (21.78%), Vitamin K:

21.82µg (20.79%), Vitamin A: 649.18IU (12.98%), Vitamin B1: 0.19mg (12.93%), Iron: 2.23mg (12.38%), Folate: 45.58µg (11.39%), Potassium: 384.79mg (10.99%), Magnesium: 43.71mg (10.93%), Vitamin E: 1.62mg (10.8%), Vitamin C: 8.62mg (10.45%), Vitamin B2: 0.17mg (10.28%), Vitamin B5: 1.01mg (10.14%), Fiber: 2.16g (8.64%), Zinc: 1.16mg (7.75%), Calcium: 76.07mg (7.61%), Copper: 0.12mg (6.04%), Vitamin B12: 0.24µg (3.97%)