



## Chicken, bacon & watercress baguettes

READY IN



30 min.

SERVINGS



4

CALORIES



107 kcal

### Ingredients

- ☐ 50 g watercress
- ☐ 100 ml crème fraîche
- ☐ 0.5 lime
- ☐ 6 canadian bacon
- ☐ 300 g chicken stock see leftover
- ☐ 4 small crusty baguette divided

### Equipment

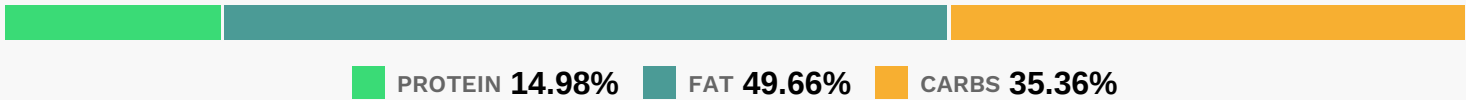
- ☐ food processor
- ☐ frying pan

- ☐ blender
- ☐ immersion blender

## Directions

- ☐ Grab a large handful of the watercress, roughly snap off the large stalks, then put into a mini blender or food processor (or use a hand blender) with the crme frache and a good squeeze of lime juice. Whizz until the watercress is finely chopped, then season with pepper and chill until ready to assemble.
- ☐ Fry the bacon (in batches if necessary) on a medium heat for 8–10 mins, turning, until golden and crispy. Meanwhile, shred or slice the chicken.
- ☐ Split the baguettes in half lengthways and brush the insides with the juices from the bacon pan, then pile the chicken and bacon inside. Top with a handful of watercress, then finally add a good spoon of the watercress crme frache before you tuck in.

## Nutrition Facts



## Properties

Glycemic Index:33.94, Glycemic Load:3.54, Inflammation Score:-5, Nutrition Score:5.7808695733547%

## Flavonoids

Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg, Kaempferol: 2.88mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

## Nutrients (% of daily need)

Calories: 107.26kcal (5.36%), Fat: 6.02g (9.26%), Saturated Fat: 2.79g (17.43%), Carbohydrates: 9.65g (3.22%), Net Carbohydrates: 9.14g (3.32%), Sugar: 2.65g (2.94%), Cholesterol: 17.34mg (5.78%), Sodium: 195.44mg (8.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.18%), Vitamin K: 32.11µg (30.59%), Vitamin A: 556.73IU (11.13%), Vitamin C: 8.18mg (9.92%), Vitamin B2: 0.16mg (9.17%), Vitamin B3: 1.8mg (8.98%), Vitamin B1: 0.11mg (7.62%), Selenium: 4.79µg (6.84%), Phosphorus: 60.87mg (6.09%), Calcium: 55.18mg (5.52%), Potassium: 176.48mg (5.04%), Vitamin B6: 0.09mg (4.58%), Folate: 17.76µg (4.44%), Manganese: 0.08mg (4.03%), Copper: 0.07mg (3.64%), Iron: 0.61mg (3.36%), Magnesium: 11.41mg (2.85%), Zinc: 0.31mg (2.05%), Fiber: 0.51g (2.03%), Vitamin E: 0.29mg (1.94%), Vitamin B5: 0.18mg (1.84%), Vitamin B12: 0.06µg (1.02%)