



Chicken-Benedict Bagel Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



799 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound asparagus fresh
- ☐ 4 bagels toasted sliced
- ☐ 8 slices canadian bacon
- ☐ 4 skinned and boned chicken breast halves
- ☐ 0.9 ounce knorr hollandaise sauce mix
- ☐ 8 ounce salad dressing italian divided
- ☐ 4 ounces monterrey jack cheese shredded

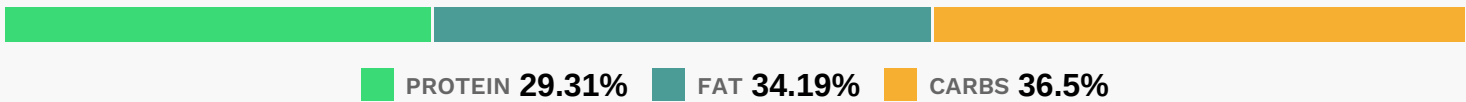
Equipment

- ☐ grill
- ☐ ziploc bags
- ☐ peeler

Directions

- ☐ Place chicken breast halves and half of dressing in a large zip-top plastic bag; seal and chill 2 hours, turning occasionally.
- ☐ Snap off tough ends of asparagus; remove scales with a vegetable peeler, if desired.
- ☐ Place asparagus and remaining dressing in a zip-top plastic bag; seal and chill 2 hours, turning occasionally.
- ☐ Prepare hollandaise sauce according to package directions, and set aside.
- ☐ Remove chicken and asparagus from dressing, discarding dressing.
- ☐ Cook chicken, asparagus, and Canadian bacon, without grill lid, over medium-hot coals (350 to 400 degrees F) for about 5 minutes.
- ☐ Remove asparagus and Canadian bacon, and keep warm. Turn chicken, and cook 5 more minutes or until done.
- ☐ Cut chicken into thin slices, and keep warm.
- ☐ Place Canadian bacon on bagels; top evenly with chicken, asparagus, and hollandaise sauce.
- ☐ Sprinkle with cheese, and serve immediately.
- ☐ *1 (15-ounce) can asparagus spears, drained, may be substituted; do not grill the asparagus.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:39.33, Inflammation Score:-8, Nutrition Score:35.453043357186%

Flavonoids

Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg, Quercetin: 15.85mg

15.85mg, Quercetin: 15.85mg

Nutrients (% of daily need)

Calories: 798.9kcal (39.94%), Fat: 29.27g (45.03%), Saturated Fat: 9.27g (57.94%), Carbohydrates: 70.3g (23.43%), Net Carbohydrates: 65.51g (23.82%), Sugar: 8.4g (9.33%), Cholesterol: 153.39mg (51.13%), Sodium: 2142.92mg (93.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.45g (112.91%), Vitamin B3: 18.39mg (91.97%), Selenium: 58.26µg (83.23%), Vitamin K: 79.86µg (76.06%), Phosphorus: 669.95mg (67%), Vitamin B6: 1.28mg (64.2%), Vitamin B1: 0.85mg (56.62%), Manganese: 0.8mg (39.85%), Vitamin B2: 0.54mg (31.53%), Potassium: 1019.88mg (29.14%), Iron: 5.01mg (27.84%), Calcium: 275.18mg (27.52%), Vitamin B5: 2.66mg (26.58%), Zinc: 3.87mg (25.83%), Magnesium: 95.89mg (23.97%), Folate: 93.97µg (23.49%), Copper: 0.46mg (23.07%), Vitamin A: 1129.61IU (22.59%), Vitamin E: 2.93mg (19.54%), Fiber: 4.8g (19.19%), Vitamin B12: 0.84µg (14.05%), Vitamin D: 1.88µg (12.53%), Vitamin C: 7.93mg (9.62%)