



Chicken BLT on Red-Onion Focaccia

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 bacon crisp halved lengthwise
- 1 teaspoon balsamic vinegar
- 0.1 teaspoon pepper black
- 1 pound white-bread dough frozen
- 0.5 teaspoon asian chili-garlic sauce
- 0.5 tablespoon basil dried
- 0.3 cup flour all-purpose divided
- 1 garlic clove chopped

- 0.3 teaspoon kosher salt
- 3 tablespoons mayonnaise light
- 0.5 teaspoon olive oil
- 3.5 teaspoons olive oil divided
- 0.5 teaspoon oregano dried
- 0.5 cup onion red thinly sliced
- 7 ounce roasted bell peppers red dry with a paper towel drained
- 6 romaine lettuce leaves
- 0.1 teaspoon salt
- 24 ounce chicken breast halves boneless skinless
- 1 pound tomatoes ripe thinly sliced
- 2 tablespoons cornmeal yellow

Equipment

- frying pan
- oven
- blender
- baking pan

Directions

- To prepare focaccia, thaw dough in refrigerator 12 hours.
- Heat 2 teaspoons oil in a small nonstick skillet over medium heat; add onions. Saut 5 minutes or until soft, stirring often. Stir in oregano; set aside and cool to room temperature.
- Combine cornmeal and 2 tablespoons flour; sprinkle cornmeal mixture over clean work surface. Turn dough out onto coated surface. Knead in 2 tablespoons onion mixture and cornmeal mixture for 6 minutes (hard kneading is necessary to soften the elastic in frozen dough); cover with a clean towel and let rest 5 minutes.
- Roll dough into a 9 x 13-inch rectangle; use remaining flour as needed to keep dough from sticking to work surface. Coat bottom of a 9 x 13-inch baking pan with 1/2 teaspoon oil; place dough in pan, stretching sides to cover bottom.

- Sprinkle remaining 1 teaspoon oil, remaining onion mixture, and salt evenly over dough. Cover and let rise in a warm place (85, 1 hour, or until doubled in size).
- Preheat oven to 40
- Bake at 400 for 20 minutes or until underside of bread sounds hollow when tapped. Cool on a rack to room temperature.
- Cut focaccia in half lengthwise; cut each half into three equal pieces (you should have 6 pieces).
- Cut each piece in half horizontally.
- To prepare chicken, combine basil, salt, and pepper; sprinkle evenly over chicken.
- Heat 1/2 teaspoon oil in a large nonstick skillet over medium-high heat; add chicken. Cook 4 to 6 minutes per side or until thoroughly cooked; cool completely.
- Cut chicken into thin diagonal strips.
- To prepare mayonnaise, combine roasted peppers and next 4 ingredients (through garlic) in a blender; blend until smooth.
- To prepare sandwich, spread 1 tablespoon mayonnaise on bottom half of each focaccia piece. Divide lettuce leaves, tomato slices, chicken, and bacon evenly among sandwich bottoms. Cover with top half of focaccia.

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:5.5, Inflammation Score:-10, Nutrition Score:25.418260579524%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 610.27kcal (30.51%), Fat: 27.46g (42.24%), Saturated Fat: 7.21g (45.06%), Carbohydrates: 50.27g (16.76%), Net Carbohydrates: 45.99g (16.72%), Sugar: 3.42g (3.8%), Cholesterol: 102.73mg (34.24%), Sodium: 1462.29mg

(63.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.51g (73.02%), Vitamin B3: 14.75mg (73.75%), Selenium: 47.65µg (68.07%), Vitamin A: 3301.58IU (66.03%), Vitamin B6: 1.16mg (57.85%), Vitamin K: 47.17µg (44.92%), Vitamin C: 29.37mg (35.6%), Phosphorus: 354.85mg (35.48%), Potassium: 855.67mg (24.45%), Vitamin B1: 0.31mg (20.64%), Vitamin B5: 2.05mg (20.51%), Folate: 74.18µg (18.54%), Fiber: 4.28g (17.13%), Manganese: 0.34mg (16.75%), Magnesium: 59.94mg (14.99%), Vitamin B2: 0.23mg (13.53%), Iron: 2.11mg (11.75%), Zinc: 1.63mg (10.88%), Vitamin E: 1.47mg (9.81%), Copper: 0.18mg (9.13%), Vitamin B12: 0.45µg (7.45%), Calcium: 54.26mg (5.43%), Vitamin D: 0.29µg (1.93%)