



## Chicken BLT Sandwiches

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 teaspoons vegetable oil
- 1.3 pounds chicken breast halves boneless skinless
- 0.3 cup thousand island dressing
- 4 sandwich rolls whole wheat split
- 4 romaine leaves
- 8 slices tomatoes
- 4 slices bacon cooked drained

## Equipment

frying pan

## Directions

- Heat oil in 10-inch skillet over medium-high heat. Cook chicken in oil 15 to 20 minutes, turning once, until juice is no longer pink when centers of thickest pieces are cut.
- Spread dressing on cut sides of buns.
- Layer chicken, lettuce, tomato and bacon on bottoms of buns. Top with tops of buns.

## Nutrition Facts

  
■ PROTEIN **35.01%** ■ FAT **33.59%** ■ CARBS **31.4%**

## Properties

Glycemic Index:9.5, Glycemic Load:0.55, Inflammation Score:-9, Nutrition Score:26.956521930902%

## Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 458.47kcal (22.92%), Fat: 16.77g (25.8%), Saturated Fat: 3.26g (20.39%), Carbohydrates: 35.28g (11.76%), Net Carbohydrates: 32.95g (11.98%), Sugar: 5.04g (5.6%), Cholesterol: 102.7mg (34.23%), Sodium: 768.64mg (33.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.33g (78.67%), Selenium: 72.08µg (102.97%), Vitamin B3: 18.52mg (92.62%), Vitamin B6: 1.19mg (59.58%), Vitamin A: 2305.23IU (46.1%), Vitamin B1: 0.68mg (45.13%), Phosphorus: 409.85mg (40.98%), Vitamin B5: 2.39mg (23.91%), Potassium: 817.2mg (23.35%), Vitamin B2: 0.4mg (23.24%), Manganese: 0.43mg (21.25%), Folate: 77.04µg (19.26%), Vitamin K: 19.83µg (18.88%), Iron: 3.02mg (16.76%), Vitamin C: 13.42mg (16.27%), Magnesium: 65.03mg (16.26%), Zinc: 1.78mg (11.89%), Vitamin E: 1.72mg (11.43%), Fiber: 2.32g (9.3%), Copper: 0.17mg (8.57%), Calcium: 78.81mg (7.88%), Vitamin B12: 0.37µg (6.18%), Vitamin D: 0.17µg (1.16%)