



Chicken California Club Sandwiches

 Dairy Free

READY IN



20 min.

SERVINGS



5

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 slices bacon
- 10.2 oz biscuits refrigerated canned (5 biscuits)
- 9 oz chicken breast strips/pre-cooked/chopped frozen cooked
- 3.8 oz finely-chopped ham cooked
- 5 romaine leaves
- 5 tablespoons ranch dressing
- 5 slices tomato

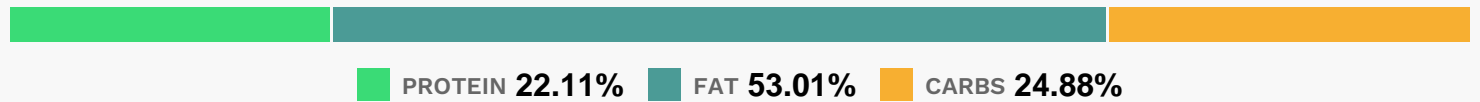
Equipment

- baking sheet
- oven
- microwave

Directions

- Heat oven to 375F. Separate dough into 5 biscuits; split each into 2 rounds. Press or roll each into 4-inch round; place on ungreased cookie sheets.
- Bake 7 to 9 minutes or until golden brown.
- Meanwhile, heat chicken strips in microwave as directed on box.
- Spread about 1 1/2 teaspoons salad dressing on each warm biscuit half. Top 5 biscuit halves with chicken strips, bacon, tomato, ham and lettuce. Cover with remaining biscuit halves.

Nutrition Facts



Properties

Glycemic Index:20.6, Glycemic Load:17.75, Inflammation Score:-8, Nutrition Score:18.339565308198%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 486.99kcal (24.35%), Fat: 28.39g (43.68%), Saturated Fat: 6.29g (39.29%), Carbohydrates: 29.97g (9.99%), Net Carbohydrates: 28.97g (10.53%), Sugar: 2.98g (3.31%), Cholesterol: 77.89mg (25.96%), Sodium: 1115.69mg (48.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.64g (53.29%), Vitamin B3: 10.69mg (53.43%), Phosphorus: 493.89mg (49.39%), Selenium: 34.26µg (48.94%), Vitamin A: 1811IU (36.22%), Vitamin B1: 0.48mg (32.18%), Vitamin B6: 0.48mg (23.78%), Vitamin K: 22.7µg (21.62%), Vitamin B2: 0.33mg (19.57%), Iron: 2.97mg (16.52%), Manganese: 0.33mg (16.36%), Folate: 53.03µg (13.26%), Potassium: 422.02mg (12.06%), Vitamin B12: 0.69µg (11.5%), Vitamin C: 9.41mg (11.41%), Vitamin B5: 1.09mg (10.94%), Zinc: 1.6mg (10.65%), Vitamin E: 1.41mg (9.37%), Magnesium: 35.72mg (8.93%), Copper: 0.11mg (5.5%), Calcium: 51.31mg (5.13%), Fiber: 1g (4.02%), Vitamin D: 0.15µg (1.03%)