



Chicken & Cheese Sub Sandwiches

READY IN



25 min.

SERVINGS



25

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 oz baguette ends trimmed cut into 4 pieces
- 0.5 cup original barbecue sauce kraft
- 4 curly lettuce leaves green
- 4 singles kraft
- 0.3 cup real mayo mayonnaise kraft
- 1 lb chicken breasts boneless skinless
- 8 slices oscar mayer center cut bacon
- 8 slices tomatoes

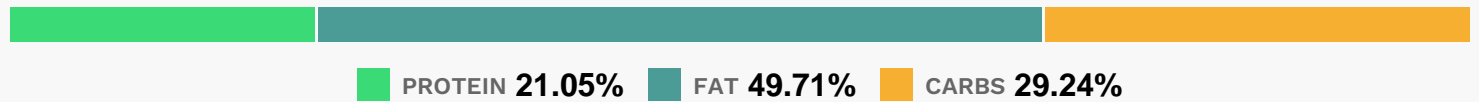
Equipment

- frying pan
- paper towels

Directions

- Cook bacon in large skillet until crisp.
- Remove bacon from skillet, reserving 1 Tbsp. drippings in skillet.
- Drain bacon on paper towels.
- Add chicken to reserved drippings in skillet; cook 5 to 6 min. on each side or until done (165F.) Top with Singles; cover.
- Remove from heat.
- Let stand 1 min. or until Singles are melted.
- Spread baguette pieces with mayo; fill with chicken, bacon, lettuce and tomatoes.
- Serve with barbecue sauce.

Nutrition Facts



Properties

Glycemic Index:6.39, Glycemic Load:4.59, Inflammation Score:-3, Nutrition Score:4.856956548017%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 131.18kcal (6.56%), Fat: 7.15g (11%), Saturated Fat: 1.98g (12.36%), Carbohydrates: 9.46g (3.15%), Net Carbohydrates: 8.99g (3.27%), Sugar: 2.81g (3.12%), Cholesterol: 20.18mg (6.73%), Sodium: 257.7mg (11.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.62%), Vitamin B3: 3.07mg (15.34%), Selenium: 10.6µg (15.15%), Vitamin B6: 0.19mg (9.71%), Vitamin B1: 0.13mg (8.6%), Vitamin K: 7.8µg (7.43%), Phosphorus: 73.46mg

(7.35%), Vitamin A: 271.21IU (5.42%), Vitamin B2: 0.08mg (4.63%), Manganese: 0.09mg (4.51%), Folate: 17.69µg (4.42%), Potassium: 145.89mg (4.17%), Vitamin B5: 0.4mg (3.98%), Iron: 0.67mg (3.71%), Magnesium: 11.66mg (2.91%), Zinc: 0.38mg (2.56%), Calcium: 20.68mg (2.07%), Vitamin C: 1.65mg (2%), Vitamin E: 0.29mg (1.96%), Fiber: 0.47g (1.89%), Copper: 0.04mg (1.83%), Vitamin B12: 0.1µg (1.61%)