



Chicken Cheesesteaks

READY IN



30 min.

SERVINGS



4

CALORIES



615 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 ounces processed cheese food halved
- ☐ 0.5 cup cherry peppers sweet hot sliced
- ☐ 2 cloves garlic finely chopped
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 large onion thinly sliced
- ☐ 0.5 teaspoon paprika
- ☐ 1.5 pounds chicken thighs boneless skinless
- ☐ 4 hoagie rolls split soft

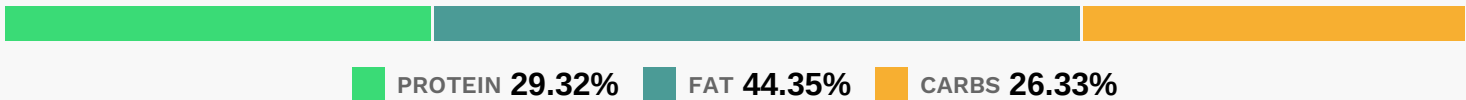
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Preheat the oven to 450 degrees F. Line a baking sheet with aluminum foil. Toss the chicken, 1 tablespoon olive oil, the paprika, 1/2 teaspoon salt and 1/4 teaspoon pepper in a bowl; spread in a single layer on the baking sheet. Roast until just cooked through, 15 minutes.
- ☐ Transfer the chicken to a cutting board; discard the foil and reserve the baking sheet.
- ☐ Heat 1 tablespoon olive oil in a skillet over medium-high heat; add the onion and cook, stirring occasionally, until golden, 6 to 8 minutes.
- ☐ Add the garlic, 1/4 teaspoon salt, and pepper to taste and cook, 1 minute.
- ☐ Remove from the heat and stir in the pickled peppers.
- ☐ Brush the insides of the rolls with the remaining 1 tablespoon olive oil; arrange cut-side up on the baking sheet and toast in the oven, about 2 minutes. Thinly slice the chicken and divide among the rolls. Top evenly with the onion mixture and the cheese. Return to the oven to melt the cheese, about 2 minutes. Top with hot sauce and/or ketchup and serve with carrot and celery sticks.
- ☐ Photograph by Christopher Testani

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:24.2, Inflammation Score:-5, Nutrition Score:22.508695851202%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

Nutrients (% of daily need)

Calories: 615.3kcal (30.77%), Fat: 29.91g (46.01%), Saturated Fat: 8.98g (56.14%), Carbohydrates: 39.94g (13.31%), Net Carbohydrates: 37.07g (13.48%), Sugar: 6.68g (7.43%), Cholesterol: 193.49mg (64.5%), Sodium: 1537.15mg (66.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.48g (88.96%), Iron: 12.43mg (69.05%), Selenium: 45.3µg (64.72%), Phosphorus: 536.47mg (53.65%), Vitamin B3: 9.6mg (48.02%), Vitamin B6: 0.84mg (42.16%), Calcium: 367.12mg (36.71%), Vitamin B12: 1.57µg (26.12%), Zinc: 3.47mg (23.15%), Vitamin B2: 0.39mg (22.97%), Vitamin B5: 2.23mg (22.31%), Potassium: 525.45mg (15.01%), Vitamin E: 2.15mg (14.37%), Magnesium: 51.99mg (13%), Vitamin B1: 0.18mg (11.93%), Vitamin K: 12.46µg (11.87%), Fiber: 2.88g (11.51%), Vitamin A: 466.23IU (9.32%), Copper: 0.13mg (6.55%), Manganese: 0.12mg (5.91%), Folate: 16.65µg (4.16%), Vitamin C: 3.25mg (3.93%), Vitamin D: 0.19µg (1.28%)