



Chicken Club Sandwiches

 Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

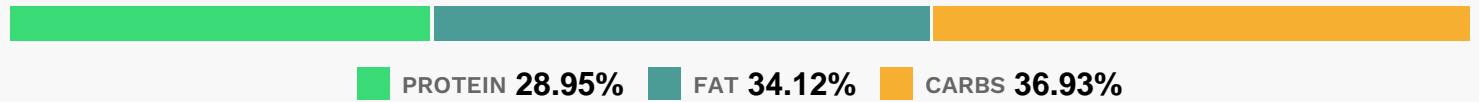
- 0.5 cup salad dressing
- 18 slices bread toasted
- 12 romaine leaves
- 18 ounces roasted chicken cooked
- 18 slices tomatoes (3 medium)
- 12 slices bacon cooked drained
- 1 serving salt and pepper

Equipment

Directions

- Spread mayonnaise over 1 side of each slice of toast.
- Place 1 lettuce leaf and 1 chicken slice on each of 6 toast slices.
- Cover with second toast slice, mayonnaise side up. Top with lettuce leaf, 3 slices tomato and 2 slices bacon.
- Sprinkle with salt and pepper.
- Cover with third toast slice, mayonnaise side down; secure with wooden picks. To serve, cut diagonally into triangles.

Nutrition Facts



Properties

Glycemic Index:16.11, Glycemic Load:22.26, Inflammation Score:-10, Nutrition Score:28.82782596868%

Flavonoids

Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 515.85kcal (25.79%), Fat: 19.35g (29.78%), Saturated Fat: 4.65g (29.03%), Carbohydrates: 47.13g (15.71%), Net Carbohydrates: 42.32g (15.39%), Sugar: 9.54g (10.6%), Cholesterol: 79.63mg (26.54%), Sodium: 974.16mg (42.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.96g (73.91%), Vitamin A: 4278.17IU (85.56%), Selenium: 53.91µg (77.01%), Vitamin B3: 13.78mg (68.89%), Manganese: 1.26mg (63.09%), Vitamin B1: 0.57mg (37.96%), Phosphorus: 370.03mg (37%), Vitamin B6: 0.65mg (32.64%), Iron: 4.91mg (27.26%), Folate: 106.04µg (26.51%), Vitamin B2: 0.44mg (25.72%), Vitamin C: 19.98mg (24.22%), Vitamin K: 21.48µg (20.46%), Potassium: 694.59mg (19.85%), Zinc: 2.9mg (19.36%), Fiber: 4.81g (19.25%), Magnesium: 73.39mg (18.35%), Vitamin B5: 1.77mg (17.66%), Calcium: 144.91mg (14.49%), Copper: 0.24mg (12.06%), Vitamin E: 1.24mg (8.25%), Vitamin B12: 0.42µg (7.02%)