



Chicken Focaccia Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups bell pepper strips red (2 medium)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 10 ounce focaccia bread cut in half horizontally
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 cup green onions chopped
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion red ()
- ☐ 0.3 teaspoon salt divided

- ☐ 2 ounces sharp cheddar cheese shredded
- ☐ 12 ounce chicken breast halves boneless skinless
- ☐ 0.5 cup water

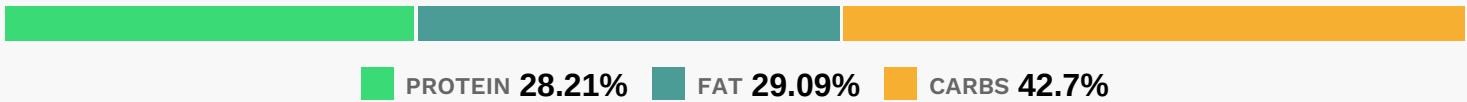
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Cut each chicken breast half in half horizontally, and lightly coat chicken with cooking spray.
- ☐ Sprinkle Italian seasoning, garlic powder, black pepper, and 1/8 teaspoon salt over chicken.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 2 minutes on each side or until browned. Reduce heat to medium; add water. Cook 10 minutes or until chicken is done.
- ☐ Remove chicken from pan; keep warm.
- ☐ Return pan to medium-high heat.
- ☐ Add red onion; saut 2 minutes.
- ☐ Add bell pepper, green onions, and remaining 1/8 teaspoon salt; saut 2 minutes or until tender.
- ☐ Preheat broiler.
- ☐ Place bottom half of focaccia on a baking sheet; top with chicken. Arrange onion mixture evenly over chicken; sprinkle with cheese. Broil 2 minutes or until cheese melts. Top with remaining bread; slice into 4 equal portions.

Nutrition Facts



Properties

Glycemic Index:54.67, Glycemic Load:20.77, Inflammation Score:-10, Nutrition Score:32.686086939729%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 13.28mg, Quercetin: 13.28mg, Quercetin: 13.28mg, Quercetin: 13.28mg

Nutrients (% of daily need)

Calories: 434kcal (21.7%), Fat: 14.12g (21.72%), Saturated Fat: 4.28g (26.72%), Carbohydrates: 46.62g (15.54%), Net Carbohydrates: 40.28g (14.65%), Sugar: 10.79g (11.99%), Cholesterol: 68.61mg (22.87%), Sodium: 681.34mg (29.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.81g (61.62%), Vitamin C: 126.39mg (153.19%), Selenium: 52.21µg (74.58%), Vitamin B3: 13.89mg (69.47%), Vitamin A: 3178.86IU (63.58%), Manganese: 1.11mg (55.75%), Vitamin B6: 1.09mg (54.28%), Phosphorus: 382.33mg (38.23%), Folate: 127.6µg (31.9%), Vitamin K: 31.66µg (30.15%), Vitamin B1: 0.44mg (29.01%), Vitamin B2: 0.43mg (25.4%), Fiber: 6.34g (25.35%), Calcium: 229.78mg (22.98%), Vitamin B5: 2.24mg (22.38%), Potassium: 746.78mg (21.34%), Iron: 3.79mg (21.05%), Magnesium: 76.21mg (19.05%), Vitamin E: 2.53mg (16.88%), Zinc: 2.15mg (14.33%), Copper: 0.19mg (9.6%), Vitamin B12: 0.32µg (5.34%), Vitamin D: 0.17µg (1.13%)