



Chicken Muffuletta

READY IN



45 min.

SERVINGS



4

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon balsamic vinegar
- 0.5 teaspoon cajun seasoning blend
- 1 tablespoon canola oil
- 2 teaspoons capers
- 1 pound thin- chicken breasts boneless
- 4 ounces jarlsberg cheese thinly sliced
- 1 cup salad olives green chopped
- 0.3 teaspoon oregano
- 1 cup romaine lettuce shredded

4 kaiser rolls whole wheat (regular or)

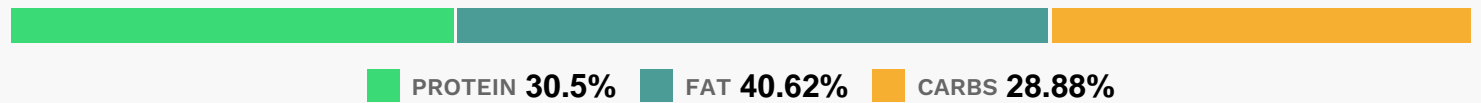
Equipment

- bowl
- frying pan
- plastic wrap

Directions

- Combine the olives, capers, oregano, and vinegar in a bowl and set aside.
- Sprinkle the chicken breasts with the Cajun spice blend.
- Heat the oil in a large nonstick skillet set over medium high heat; add the chicken and cook until golden on both sides and cooked through, about 2 minutes per side.
- Split the rolls and pull out the middle breading to hollow them out. Divide the olive mixture (solids only) among the four roll bottoms. Top with the romaine lettuce and the chicken.
- Brush the cut side of tops of the rolls with the liquid from the olive mixture.
- Place the cheese on the tops, and close the sandwiches.
- Wrap each sandwich tightly in plastic wrap and place in the refrigerator, weighting them down lightly with a small bottle or container.
- Let sit from 20 minutes to overnight.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:23.31, Inflammation Score:-8, Nutrition Score:18.102608556333%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 490.38kcal (24.52%), Fat: 21.98g (33.82%), Saturated Fat: 6.66g (41.64%), Carbohydrates: 35.15g (11.72%), Net Carbohydrates: 32.55g (11.84%), Sugar: 5.29g (5.87%), Cholesterol: 92.82mg (30.94%), Sodium: 1162.56mg (50.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.14g (74.28%), Iron: 11.49mg (63.85%), Vitamin B3: 11.98mg (59.91%), Selenium: 36.67µg (52.39%), Vitamin B6: 0.88mg (43.77%), Vitamin A: 1519.22IU (30.38%), Phosphorus: 244.84mg (24.48%), Calcium: 239.95mg (24%), Vitamin B5: 1.65mg (16.48%), Vitamin K: 16.46µg (15.68%), Vitamin E: 2.23mg (14.89%), Potassium: 474.93mg (13.57%), Fiber: 2.6g (10.39%), Magnesium: 36.43mg (9.11%), Vitamin B2: 0.13mg (7.57%), Vitamin B1: 0.09mg (5.96%), Folate: 22.18µg (5.54%), Zinc: 0.72mg (4.79%), Copper: 0.08mg (4.21%), Vitamin B12: 0.23µg (3.78%), Manganese: 0.05mg (2.57%), Vitamin C: 1.88mg (2.28%)