



Chicken Niçoise Salad Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups rotisserie chicken cut shredded (from)
- 0.5 cup potatoes diced refrigerated with onions (from 20-oz bag) cooked
- 0.5 cup green beans fresh chopped
- 0.5 cup cherry tomatoes quartered
- 0.3 cup kalamata olives chopped
- 2 tablespoons salad dressing
- 4 hardboiled eggs diced
- 0.8 cup balsamic vinaigrette

- 8 small portugese rolls
- 2 cups the of 1 cos lettuce chopped

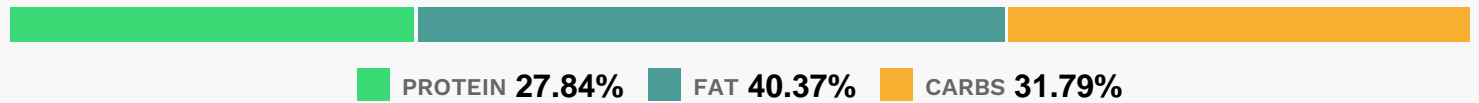
Equipment

- bowl

Directions

- In medium bowl, gently mix all ingredients except 1/2 cup of the dressing, the rolls and romaine. Season with salt and pepper to taste.
- Cut slit in top of each roll, being careful not to cut all the way through. If necessary, remove excess bread from interior of each to allow room for filling.
- Stuff each roll with 1/4 cup lettuce and rounded 1/2 cup chicken mixture.
- Drizzle each sandwich with 1 tablespoon dressing.

Nutrition Facts



Properties

Glycemic Index:25.34, Glycemic Load:24.77, Inflammation Score:-6, Nutrition Score:8.6521739752396%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 486.79kcal (24.34%), Fat: 21.67g (33.34%), Saturated Fat: 3.68g (23%), Carbohydrates: 38.4g (12.8%), Net Carbohydrates: 36.41g (13.24%), Sugar: 6.46g (7.18%), Cholesterol: 178.42mg (59.47%), Sodium: 934.24mg (40.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.62g (67.24%), Iron: 11.33mg (62.93%), Vitamin A: 1264.5IU (25.29%), Vitamin K: 17.6µg (16.77%), Selenium: 7.98µg (11.4%), Vitamin B2: 0.15mg (8.81%), Folate: 32.69µg (8.17%), Fiber: 1.99g (7.96%), Vitamin C: 6.03mg (7.31%), Phosphorus: 59.92mg (5.99%), Vitamin B6: 0.1mg (4.91%), Vitamin B12: 0.28µg (4.63%), Potassium: 155.3mg (4.44%), Vitamin B5: 0.43mg (4.33%), Vitamin E: 0.59mg (3.95%), Vitamin D: 0.55µg (3.67%), Manganese: 0.07mg (3.53%), Calcium: 32.77mg (3.28%), Vitamin B1: 0.05mg (3.07%), Magnesium: 10.36mg (2.59%), Zinc: 0.36mg (2.41%), Copper: 0.04mg (2.03%), Vitamin B3: 0.31mg (1.53%)