



Chicken on Ciabatta for Two

READY IN



5 min.

SERVINGS



2

CALORIES



201 kcal

Ingredients

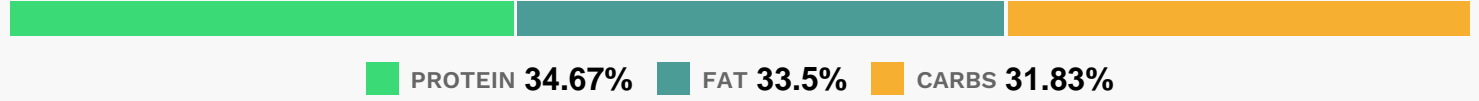
- 4 oz grilled chicken breast half boneless skinless
- 1 ciabatta sandwich roll split (4 inch)
- 1 romaine lettuce leaf
- 2 Tbsp mayo with olive oil reduced fat mayonnaise kraft
- 1 provolone cheese kraft
- 1 roasted pepper red cut in half

Equipment

Directions

- Cut chicken lengthwise in half.
- Spread mayonnaise onto cut sides of roll; fill with chicken and remaining ingredients.
- Cut in half to serve.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:0.05, Inflammation Score:-7, Nutrition Score:10.174347833447%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 201.13kcal (10.06%), Fat: 7.4g (11.38%), Saturated Fat: 2.55g (15.97%), Carbohydrates: 15.81g (5.27%), Net Carbohydrates: 14.99g (5.45%), Sugar: 0.72g (0.8%), Cholesterol: 45.08mg (15.03%), Sodium: 642.2mg (27.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.22g (34.44%), Vitamin B3: 6.08mg (30.38%), Selenium: 20µg (28.57%), Vitamin A: 1426.01IU (28.52%), Vitamin B6: 0.48mg (23.76%), Vitamin K: 22.19µg (21.13%), Phosphorus: 176.19mg (17.62%), Vitamin C: 9.84mg (11.93%), Vitamin B5: 0.89mg (8.88%), Calcium: 87.7mg (8.77%), Potassium: 288.83mg (8.25%), Folate: 25.78µg (6.44%), Vitamin B2: 0.1mg (6.01%), Magnesium: 21.68mg (5.42%), Zinc: 0.71mg (4.74%), Vitamin B12: 0.25µg (4.2%), Vitamin B1: 0.05mg (3.59%), Fiber: 0.82g (3.3%), Iron: 0.56mg (3.13%), Manganese: 0.06mg (3.09%), Vitamin E: 0.45mg (3.03%), Copper: 0.05mg (2.56%)