



Chicken Pan Bagna

 Dairy Free

READY IN



19 min.

SERVINGS



4

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 ounce bread baguette french
- ☐ 1 teaspoon capers drained coarsely chopped
- ☐ 2 cups rotisserie chicken breast boneless skinless sliced
- ☐ 4 small curly kale leaves
- ☐ 0.3 teaspoon rosemary fresh chopped
- ☐ 2 tablespoons kalamata olives pitted coarsely chopped
- ☐ 1.5 tablespoons juice of lemon fresh

- ☐ 0.3 teaspoon lemon rind fresh grated
- ☐ 1.5 tablespoons olive oil
- ☐ 0.5 cup onion red thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 8 slices tomatoes thin
- ☐ 1 cup zucchini thinly sliced

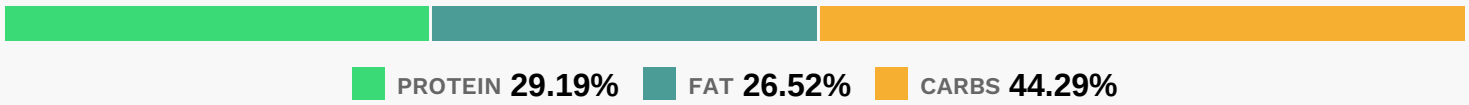
Equipment

- ☐ bowl

Directions

- ☐ Combine first 11 ingredients in a medium bowl; toss well. Set aside.
- ☐ Cut baguette in half horizontally. Hollow out top and bottom halves of loaf, leaving a 1/2-inch border. Reserve torn bread for another use.
- ☐ . Arrange lettuce and tomato on bottom half of loaf. Spoon chicken mixture evenly over lettuce and tomato. Replace top half of loaf; cut crosswise into 4 equal portions.

Nutrition Facts



Properties

Glycemic Index:48.13, Glycemic Load:23.78, Inflammation Score:-9, Nutrition Score:20.720869478972%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg, Quercetin: 6.06mg

Nutrients (% of daily need)

Calories: 319.14kcal (15.96%), Fat: 9.45g (14.54%), Saturated Fat: 1.59g (9.94%), Carbohydrates: 35.52g (11.84%), Net Carbohydrates: 32.55g (11.84%), Sugar: 5.95g (6.61%), Cholesterol: 48mg (16%), Sodium: 660.18mg (28.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.41g (46.83%), Selenium: 40.53µg (57.89%), Vitamin B3: 11.11mg (55.57%), Vitamin B6: 0.76mg (37.91%), Vitamin B1: 0.51mg (33.76%), Vitamin A: 1626.81IU (32.54%), Vitamin K: 28.24µg (26.9%), Manganese: 0.52mg (26.01%), Phosphorus: 252.85mg (25.29%), Folate: 99.02µg (24.75%), Vitamin C: 19.02mg (23.06%), Vitamin B2: 0.38mg (22.11%), Potassium: 621.38mg (17.75%), Iron: 3.01mg (16.72%), Vitamin B5: 1.43mg (14.26%), Magnesium: 54.45mg (13.61%), Fiber: 2.98g (11.9%), Vitamin E: 1.55mg (10.34%), Copper: 0.18mg (8.89%), Zinc: 1.29mg (8.57%), Calcium: 57.47mg (5.75%), Vitamin B12: 0.15µg (2.5%)