



Chicken Pan Bagnat

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



779 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup olives black such as kalamata, halved and pitted
- ☐ 4 large crusty rolls cut in half
- ☐ 2 teaspoons thyme leaves dried fresh chopped
- ☐ 1 large clove garlic cut in half
- ☐ 1 bell pepper green sliced thin
- ☐ 0.8 teaspoon fresh-ground pepper black
- ☐ 2 hard-cooked eggs sliced
- ☐ 1 tablespoon juice of lemon

- ☐ 8 large lettuce leaves such as boston crisp
- ☐ 0.3 cup olive oil
- ☐ 1 onion red sliced thin
- ☐ 1 roasted chicken shredded skinless
- ☐ 0.8 teaspoon salt
- ☐ 2 large tomatoes sliced thin

Equipment

- ☐ bowl
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ In a small glass or stainless-steel bowl, whisk together the lemon juice, thyme, 1/2 teaspoon each of the salt and pepper.
- ☐ Whisk in the 1/3 cup of oil.
- ☐ Remove the soft centers of the rolls, leaving a 1/2-inch shell. Rub the garlic on the inside of each and brush with the 2 tablespoons oil.
- ☐ Top the bottoms of the rolls with the lettuce.
- ☐ Layer with half the tomato slices and the chicken; sprinkle with 1/8 teaspoon each of salt and pepper. Top with half the slices of egg, onion, and bell pepper, and half the olives, and then drizzle with half the dressing. Repeat with the remaining tomato, chicken, 1/8 teaspoon each salt and pepper, egg, onion, bell pepper, olives, and dressing. Top with the anchovies, if using. Cover with the tops of the rolls. If you have time, wrap each roll tightly in aluminum foil; let sit for 10 minutes. Otherwise, press down on the rolls firmly so that the dressing moistens the bread.
- ☐ Menu Suggestions: You really don't need anything with this, but roasted potato wedges would be nice.
- ☐ Wine Recommendation: The south-of-France flavor of this sandwich is perfect with the delicate, herbal notes found in many ross from Provence. Bottles from the Coteaux du Varois, Cassis, or Bandol would all be good possibilities.

Nutrition Facts



 **PROTEIN 35.87%**  **FAT 47.34%**  **CARBS 16.79%**

Properties

Glycemic Index:34.25, Glycemic Load:1.7, Inflammation Score:-10, Nutrition Score:38.549999983414%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg

Nutrients (% of daily need)

Calories: 778.89kcal (38.94%), Fat: 40.46g (62.24%), Saturated Fat: 8.36g (52.26%), Carbohydrates: 32.29g (10.76%), Net Carbohydrates: 27.69g (10.07%), Sugar: 5.34g (5.93%), Cholesterol: 273.25mg (91.08%), Sodium: 1090.21mg (47.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 68.97g (137.93%), Selenium: 79.42µg (113.45%), Vitamin B3: 21.77mg (108.86%), Vitamin A: 4716.53IU (94.33%), Vitamin B6: 1.27mg (63.49%), Vitamin C: 49mg (59.39%), Phosphorus: 593.1mg (59.31%), Vitamin B2: 0.7mg (40.94%), Manganese: 0.71mg (35.42%), Vitamin B1: 0.51mg (33.95%), Iron: 6.03mg (33.52%), Zinc: 4.69mg (31.23%), Vitamin B5: 3.04mg (30.38%), Potassium: 1052.04mg (30.06%), Vitamin K: 30.54µg (29.09%), Folate: 114.22µg (28.56%), Vitamin E: 4.21mg (28.04%), Magnesium: 86.88mg (21.72%), Fiber: 4.6g (18.4%), Vitamin B12: 0.97µg (16.23%), Copper: 0.31mg (15.41%), Calcium: 135.1mg (13.51%), Vitamin D: 0.55µg (3.67%)