



Chicken Pesto Hoagie

READY IN



50 min.

SERVINGS



4

CALORIES



795 kcal

Ingredients

- 1 teaspoon balsamic vinegar
- 0.5 cup cherry tomatoes halved
- 1 cup feta cheese divided crumbled
- 2 tablespoons basil fresh divided chopped
- 1 tablespoon garlic minced
- 1 cup mushrooms sliced
- 1 tablespoon olive oil
- 1 onion sliced
- 1 cup pesto sauce prepared
- 1 teaspoon pepper flakes red

- 4 servings salt and pepper black freshly ground to taste
- 1 cup mozzarella cheese shredded
- 4 chicken breast halves boneless skinless cut into chunks
- 4 hoagie buns split italian-style toasted
- 1 bell pepper yellow sliced
- 1 cup zucchini diced

Equipment

- bowl
- dutch oven

Directions

- Combine chicken, olive oil, garlic, red pepper flakes, salt, and black pepper in a large bowl; toss to coat.
- Heat a large pot or Dutch oven over medium-high heat.
- Add chicken mixture and cook, stirring frequently, until chicken begins to brown, about 5 minutes.
- Add yellow bell pepper, onion, zucchini, and balsamic vinegar and cook until onion begins to soften, about 5 minutes.
- Stir mushrooms and 1 tablespoon basil into chicken mixture and cook until mushrooms have softened, about 5 minutes.
- Add mozzarella cheese and pesto sauce; toss to coat. Stir in cherry tomatoes and cook until warmed through, 2 to 3 minutes.
- Spoon chicken mixture into toasted buns and top each sandwich with 1/4 cup feta cheese and 1 1/2 teaspoons basil.

Nutrition Facts



PROTEIN 23.27% **FAT 52.62%** **CARBS 24.11%**

Properties

Glycemic Index:95.75, Glycemic Load:24.67, Inflammation Score:-9, Nutrition Score:31.500869243041%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg, Quercetin: 6.26mg

Nutrients (% of daily need)

Calories: 795.22kcal (39.76%), Fat: 46.27g (71.19%), Saturated Fat: 13.84g (86.5%), Carbohydrates: 47.7g (15.9%), Net Carbohydrates: 43.97g (15.99%), Sugar: 9.73g (10.81%), Cholesterol: 132.77mg (44.26%), Sodium: 1622.74mg (70.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.03g (92.06%), Vitamin C: 69.09mg (83.74%), Selenium: 49.55µg (70.79%), Iron: 12.54mg (69.67%), Vitamin B3: 13.67mg (68.35%), Vitamin B6: 1.23mg (61.3%), Phosphorus: 521.06mg (52.11%), Calcium: 463.32mg (46.33%), Vitamin A: 2046.2IU (40.92%), Vitamin B2: 0.66mg (38.89%), Vitamin B5: 2.56mg (25.63%), Vitamin B12: 1.51µg (25.13%), Potassium: 787.17mg (22.49%), Zinc: 2.96mg (19.7%), Magnesium: 60.05mg (15.01%), Fiber: 3.73g (14.92%), Vitamin B1: 0.21mg (13.68%), Manganese: 0.26mg (12.98%), Folate: 46.28µg (11.57%), Copper: 0.21mg (10.57%), Vitamin K: 10.49µg (9.99%), Vitamin E: 1.19mg (7.93%), Vitamin D: 0.42µg (2.82%)