



Chicken Pesto Manifesto

READY IN



5 min.

SERVINGS



1

CALORIES



408 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 1 tsp classico basil pesto sauce and spread traditional
- 2 oz oscar mayer carving board flame grilled chicken breast strips ()
- 1 ciabatta sandwich roll split
- 1 Tbsp real mayo mayonnaise kraft
- 1 provolone cheese kraft
- 0.3 cup roasted pepper strips red

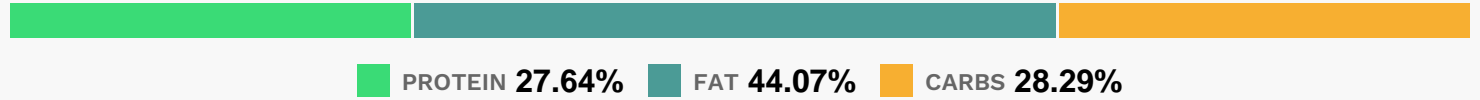
Equipment

- microwave

Directions

- Mound chicken on microwaveable plate; top with cheese. Microwave on HIGH 30 sec. or until cheese is melted.
- Meanwhile, mix mayo and pesto; spread onto cut sides of roll.
- Fill roll with chicken and peppers.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:0.15, Inflammation Score:-4, Nutrition Score:11.018695572148%

Nutrients (% of daily need)

Calories: 407.97kcal (20.4%), Fat: 19.75g (30.38%), Saturated Fat: 6g (37.48%), Carbohydrates: 28.51g (9.5%), Net Carbohydrates: 27.4g (9.96%), Sugar: 0.35g (0.38%), Cholesterol: 67.5mg (22.5%), Sodium: 1068.02mg (46.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.86g (55.73%), Vitamin B3: 8mg (39.98%), Selenium: 18.83µg (26.89%), Phosphorus: 233.41mg (23.34%), Vitamin K: 23.08µg (21.98%), Vitamin B6: 0.42mg (20.87%), Vitamin C: 16.27mg (19.73%), Calcium: 175.65mg (17.56%), Vitamin A: 470.88IU (9.42%), Zinc: 1.26mg (8.43%), Vitamin B2: 0.14mg (8.16%), Vitamin B12: 0.49µg (8.11%), Vitamin B5: 0.67mg (6.75%), Magnesium: 25.75mg (6.44%), Potassium: 225.23mg (6.44%), Iron: 1.03mg (5.7%), Fiber: 1.12g (4.46%), Vitamin E: 0.65mg (4.33%), Copper: 0.08mg (4.04%), Vitamin B1: 0.05mg (3.56%), Manganese: 0.07mg (3.43%), Folate: 10.46µg (2.61%), Vitamin D: 0.18µg (1.2%)