



Chicken-Pesto Sandwiches

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.8 pounds chicken breast halves boneless skinless
- 0.5 teaspoon salt
- 2 tablespoons oregano dried fresh chopped
- 1 flour
- 7 ounces basil pesto refrigerated
- 6 slices tomatoes
- 1.5 cups pkt spinach shredded

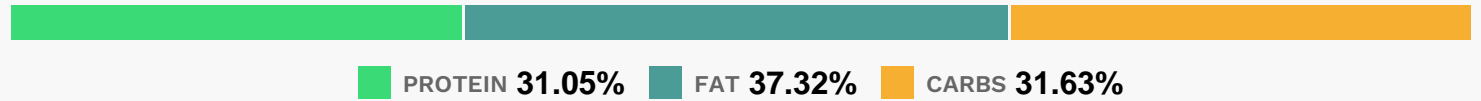
Equipment

- oven
- plastic wrap
- broiler pan

Directions

- Flatten each chicken breast half to 1/4-inch thickness between sheets of plastic wrap or waxed paper.
- Sprinkle with salt and oregano.
- Set oven control to broil.
- Place chicken on rack in broiler pan. Broil with tops 4 to 6 inches from heat 15 to 20 minutes, turning once, until no longer pink in center.
- Cut bread horizontally in half; cut into 6 wedges.
- Spread pesto on cut sides of bread.
- Layer chicken, tomato and spinach on bottom wedges. Top with top wedges.

Nutrition Facts



Properties

Glycemic Index:19.33, Glycemic Load:12.68, Inflammation Score:-10, Nutrition Score:18.858695491501%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 462.17kcal (23.11%), Fat: 19.04g (29.3%), Saturated Fat: 2.9g (18.16%), Carbohydrates: 36.32g (12.11%), Net Carbohydrates: 33.52g (12.19%), Sugar: 2.94g (3.27%), Cholesterol: 87.32mg (29.11%), Sodium: 1019.31mg (44.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.66g (71.31%), Vitamin B3: 14.09mg (70.45%), Selenium: 42.49µg (60.69%), Vitamin B6: 1.04mg (52.23%), Vitamin K: 48.98µg (46.65%), Vitamin A: 1663.01IU (33.26%), Phosphorus: 290.45mg (29.04%), Vitamin B5: 1.93mg (19.29%), Potassium: 616.38mg (17.61%), Magnesium: 47.8mg (11.95%), Fiber: 2.8g (11.2%), Manganese: 0.2mg (10.08%), Calcium: 96.73mg (9.67%), Vitamin B2: 0.16mg (9.44%),

Vitamin C: 7.43mg (9.01%), Iron: 1.57mg (8.74%), Folate: 27.84µg (6.96%), Vitamin B1: 0.1mg (6.9%), Zinc: 0.9mg (5.99%), Vitamin E: 0.85mg (5.69%), Vitamin B12: 0.26µg (4.41%), Copper: 0.07mg (3.61%)