



Chicken-Pesto Sandwiches

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

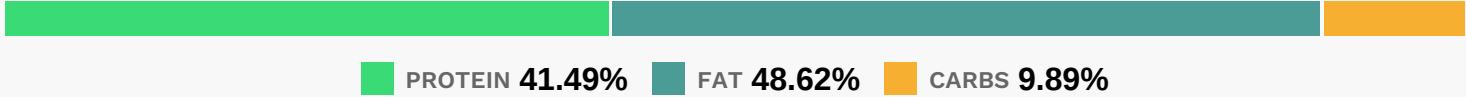
Equipment

- ☐ 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:22.28, Glycemic Load:1.52, Inflammation Score:-10, Nutrition Score:19.285652248756%

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: 302.61kcal (15.13%), Fat: 16.03g (24.66%), Saturated Fat: 2.94g (18.36%), Carbohydrates: 7.33g (2.44%), Net Carbohydrates: 5.42g (1.97%), Sugar: 2.14g (2.37%), Cholesterol: 87.32mg (29.11%), Sodium: 686.27mg (29.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.78g (61.55%), Vitamin B3: 14.35mg (71.76%), Selenium: 43.83µg (62.61%), Vitamin B6: 1.05mg (52.49%), Vitamin K: 49.21µg (46.87%), Vitamin A: 1663.1IU (33.26%), Phosphorus: 296.47mg (29.65%), Vitamin B5: 1.97mg (19.68%), Potassium: 622.96mg (17.8%), Manganese: 0.26mg (12.86%), Magnesium: 49.71mg (12.43%), Calcium: 102.56mg (10.26%), Vitamin B2: 0.17mg

(10.13%), Iron: 1.74mg (9.67%), Vitamin C: 7.44mg (9.02%), Vitamin B1: 0.12mg (8.18%), Folate: 31.81µg (7.95%), Fiber: 1.91g (7.65%), Zinc: 0.95mg (6.31%), Vitamin E: 0.86mg (5.75%), Vitamin B12: 0.26µg (4.41%), Copper: 0.08mg (3.95%)