



Chicken Philly Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bell pepper green
- ☐ 1 cup bell pepper red
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 garlic clove minced
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion vertically sliced
- ☐ 0.5 teaspoon hot sauce hot
- ☐ 4 ounce provolone cheese
- ☐ 0.1 teaspoon salt

- ☐ 0.8 pound chicken breast boneless skinless 1-inch-thick cut into () strips
- ☐ 12 ounce portugese rolls (such as Cobblestone Mill brand)
- ☐ 1.5 teaspoons citrus champagne vinegar

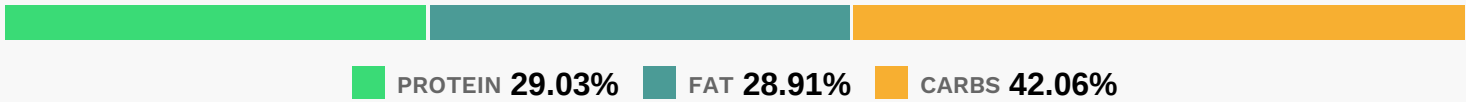
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a medium nonstick skillet over medium-high heat.
- ☐ Add chicken to pan; sprinkle with 1/8 teaspoon salt and black pepper. Saut 5 minutes or until chicken is done.
- ☐ Remove chicken from pan.
- ☐ Add red bell pepper and next 5 ingredients (red bell pepper through garlic) to pan; saut 6 minutes or until tender. Stir in chicken and pepper sauce; remove from heat.
- ☐ Slice each roll in half horizontally, cutting to, but not through, other side.
- ☐ Place 1 cheese slice and 1 cup chicken mixture on bottom half of each roll, and gently press roll halves together.
- ☐ Heat a large nonstick skillet over medium heat; add 2 sandwiches.
- ☐ Place a cast-iron or heavy skillet on top of sandwiches; press gently to flatten. Cook 4 minutes on each side or until cheese melts and bread is toasted (leave skillet on sandwiches while they cook). Repeat with remaining sandwiches.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:29.22, Inflammation Score:-9, Nutrition Score:23.6086957662%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg, Luteolin: 1.99mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.04mg, Myricetin:

0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.06mg, Quercetin: 9.06mg, Quercetin: 9.06mg, Quercetin: 9.06mg

Nutrients (% of daily need)

Calories: 457.6kcal (22.88%), Fat: 14.61g (22.47%), Saturated Fat: 5.67g (35.43%), Carbohydrates: 47.82g (15.94%), Net Carbohydrates: 44.4g (16.15%), Sugar: 9.52g (10.58%), Cholesterol: 73.99mg (24.66%), Sodium: 745.71mg (32.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.01g (66.02%), Vitamin C: 82.46mg (99.95%), Iron: 13.64mg (75.8%), Vitamin B3: 9.52mg (47.59%), Vitamin B6: 0.92mg (45.86%), Selenium: 31.78µg (45.4%), Phosphorus: 350.55mg (35.05%), Vitamin A: 1581.2IU (31.62%), Calcium: 244.97mg (24.5%), Potassium: 564.32mg (16.12%), Vitamin B5: 1.56mg (15.61%), Fiber: 3.42g (13.68%), Vitamin B2: 0.23mg (13.6%), Zinc: 1.64mg (10.92%), Magnesium: 42.83mg (10.71%), Vitamin B12: 0.58µg (9.73%), Manganese: 0.19mg (9.44%), Folate: 34.78µg (8.7%), Vitamin E: 1.25mg (8.34%), Vitamin B1: 0.12mg (8.19%), Vitamin K: 6.88µg (6.55%), Copper: 0.08mg (4.13%), Vitamin D: 0.23µg (1.51%)