



Chicken Salad Club Sandwich Stackers

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup mayonnaise
- 1 teaspoon dijon honey mustard
- 2 cups chicken shredded cooked
- 0.3 cup celery finely chopped
- 6 slices bread whole toasted
- 8 slices tomatoes
- 4 slices bacon cooked drained
- 4 leaves romaine leaves

4 pickle sweet

Equipment

bowl

toothpicks

Directions

In medium bowl, mix mayonnaise and mustard well. Stir in chicken and celery until well mixed.

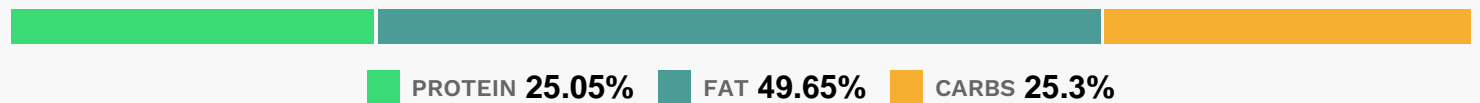
Spread 1/2 cup chicken mixture on one side of 2 bread slices.

Layer each with 2 tomato slices, 2 half slices of bacon and 1 lettuce leaf. Top each with another bread slice. Repeat layers, starting with chicken mixture. Top each with third bread slice.

Place pickle on each of 4 toothpicks; insert 2 into each sandwich.

Cut sandwiches into halves.

Nutrition Facts



Properties

Glycemic Index:47.42, Glycemic Load:11.5, Inflammation Score:-7, Nutrition Score:18.378695818393%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 424.25kcal (21.21%), Fat: 23.13g (35.58%), Saturated Fat: 4.75g (29.71%), Carbohydrates: 26.52g (8.84%), Net Carbohydrates: 22.96g (8.35%), Sugar: 8.33g (9.25%), Cholesterol: 68.26mg (22.75%), Sodium: 624.65mg (27.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.25g (52.5%), Manganese: 1mg (50.06%), Vitamin K: 52.21µg (49.72%), Selenium: 32.58µg (46.54%), Vitamin B3: 8.6mg (42.99%), Phosphorus: 278.17mg (27.82%), Vitamin B6: 0.48mg (23.92%), Vitamin B1: 0.28mg (18.89%), Vitamin A: 797.7IU (15.95%), Zinc: 2.21mg (14.74%), Magnesium: 58.45mg (14.61%), Fiber: 3.56g (14.25%), Potassium: 485.76mg (13.88%), Vitamin B2: 0.22mg (12.84%),

Iron: 2.27mg (12.62%), Vitamin B5: 1.17mg (11.72%), Calcium: 103.61mg (10.36%), Vitamin C: 8.01mg (9.71%), Copper: 0.19mg (9.43%), Vitamin E: 1.28mg (8.53%), Folate: 33.83µg (8.46%), Vitamin B12: 0.31µg (5.21%)