



Chicken Salad Club Sandwiches

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 dill pickle dry drained
- ☐ 8 large romaine leaves (from 1 large head)
- ☐ 2 tablespoons juice of lemon
- ☐ 1 cup mayonnaise reduced-fat
- ☐ 3 lb rotisserie chicken cut fully cooked
- ☐ 8 servings salt and pepper
- ☐ 16 large tomato thin (from 2 large tomatoes)
- ☐ 24 slices sandwich bread toasted

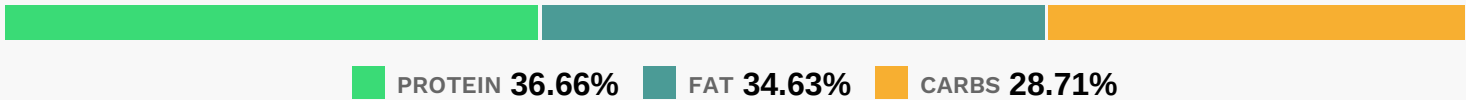
Equipment

- ☐ bowl
- ☐ toothpicks

Directions

- ☐ Remove meat from chicken and cut into large chunks.
- ☐ Mix chicken with lemon juice and 1/4 cup mayonnaise in a large bowl. Season with salt and pepper.
- ☐ Making 1 sandwich at a time, spread 3 slices of toast with mayonnaise. Top 1 slice with 1/2 cup chicken salad; season with salt and pepper. Top with second piece of toast, mayonnaise side up.
- ☐ Add 2 slices of tomato, 2 slices of pickle and a lettuce leaf. Top with a third piece of toast, mayonnaise side down.
- ☐ Lightly press sandwich down and cut in half diagonally. Secure with toothpicks. Repeat with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:14.1, Glycemic Load:26.86, Inflammation Score:-9, Nutrition Score:14.384782770406%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 597.94kcal (29.9%), Fat: 22.98g (35.36%), Saturated Fat: 5.3g (33.13%), Carbohydrates: 42.87g (14.29%), Net Carbohydrates: 40.11g (14.58%), Sugar: 6.96g (7.74%), Cholesterol: 167.77mg (55.92%), Sodium: 1495.91mg (65.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.75g (109.5%), Vitamin A: 2272.97IU (45.46%), Manganese: 0.59mg (29.35%), Vitamin B1: 0.43mg (28.93%), Selenium: 18.28µg (26.11%), Folate: 103.46µg (25.86%),

Vitamin K: 21.8µg (20.77%), Vitamin B3: 4.01mg (20.04%), Calcium: 181.88mg (18.19%), Iron: 2.96mg (16.43%),
Vitamin C: 13.46mg (16.32%), Vitamin B2: 0.22mg (13.11%), Phosphorus: 111.41mg (11.14%), Fiber: 2.76g (11.06%),
Potassium: 290.55mg (8.3%), Magnesium: 31.08mg (7.77%), Vitamin E: 1.16mg (7.76%), Vitamin B6: 0.14mg (7.16%),
Copper: 0.13mg (6.73%), Zinc: 0.84mg (5.58%), Vitamin B5: 0.48mg (4.78%)