



Chicken Salad Melts

READY IN



45 min.

SERVINGS



6

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup apples thinly sliced
- ☐ 6 boston lettuce leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups chicken breast shredded boneless skinless
- ☐ 6 muffins whole-wheat split english toasted
- ☐ 2 teaspoons optional: dill fresh chopped
- ☐ 0.3 cup greek yogurt plain fat-free
- ☐ 3 spring onion thinly sliced
- ☐ 0.3 cup mayonnaise (such as Hellmann's)

- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup sharp cheddar cheese shredded

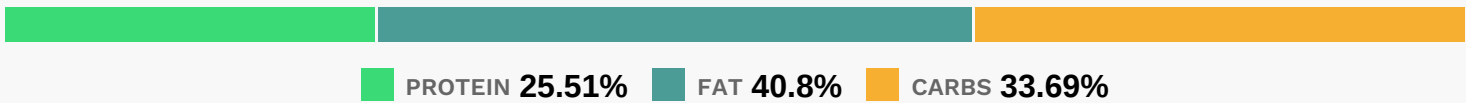
Equipment

- ☐ bowl
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Combine first 7 ingredients in a medium bowl; stir well.
- ☐ Place 1/3 cup chicken mixture on bottom half of each muffin. Top evenly with cheese. Broil 1 minute or until cheese melts. Top sandwiches evenly with apple, lettuce, and top halves of muffins.

Nutrition Facts



Properties

Glycemic Index:31.33, Glycemic Load:0.79, Inflammation Score:-7, Nutrition Score:19.296521435613%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg

Nutrients (% of daily need)

Calories: 311.11kcal (15.56%), Fat: 14.38g (22.12%), Saturated Fat: 4.3g (26.87%), Carbohydrates: 26.72g (8.91%), Net Carbohydrates: 22.18g (8.07%), Sugar: 6.89g (7.66%), Cholesterol: 50.46mg (16.82%), Sodium: 518.92mg (22.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.23g (40.47%), Selenium: 44.14µg (63.05%), Manganese: 1.08mg (54.19%), Vitamin K: 44.47µg (42.35%), Vitamin B3: 7.28mg (36.42%), Phosphorus: 352.77mg (35.28%),

Calcium: 274.42mg (27.44%), Vitamin B6: 0.51mg (25.3%), Fiber: 4.54g (18.15%), Magnesium: 62.39mg (15.6%), Vitamin B1: 0.22mg (14.97%), Vitamin A: 733.87IU (14.68%), Vitamin B2: 0.24mg (13.86%), Vitamin B5: 1.25mg (12.48%), Folate: 49.27µg (12.32%), Zinc: 1.84mg (12.26%), Potassium: 399.55mg (11.42%), Iron: 1.93mg (10.75%), Copper: 0.16mg (7.75%), Vitamin E: 0.83mg (5.54%), Vitamin B12: 0.32µg (5.32%), Vitamin C: 3.03mg (3.67%), Vitamin D: 0.15µg (1.02%)