



Chicken Salad Sandwiches with Blue Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup celery chopped
- ☐ 6 ounces cheese blue
- ☐ 2 cups roasted chicken cooked chopped
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.3 cup mayonnaise light
- ☐ 6 servings salt and pepper
- ☐ 6 portugese rolls soft (such as kaiser)

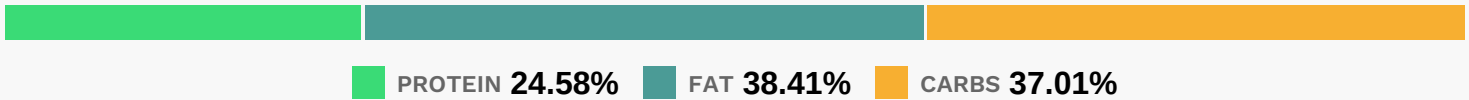
Equipment

☐ aluminum foil

Directions

☐ Spoon chicken mixture atop roll bottoms. Cover with top halves of rolls. Wrap sandwiches tightly in foil and chill before packing.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:23.27, Inflammation Score:-3, Nutrition Score:11.267391549504%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 384.58kcal (19.23%), Fat: 16.23g (24.97%), Saturated Fat: 6.58g (41.14%), Carbohydrates: 35.19g (11.73%), Net Carbohydrates: 33.79g (12.29%), Sugar: 5.24g (5.82%), Cholesterol: 58.25mg (19.42%), Sodium: 960.13mg (41.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.37g (46.73%), Iron: 11.43mg (63.49%), Selenium: 15.99µg (22.85%), Vitamin K: 22.15µg (21.1%), Phosphorus: 206.06mg (20.61%), Vitamin B3: 4.03mg (20.17%), Calcium: 171.13mg (17.11%), Vitamin B6: 0.25mg (12.56%), Vitamin B2: 0.19mg (11.06%), Zinc: 1.51mg (10.06%), Vitamin B5: 0.98mg (9.85%), Vitamin B12: 0.48µg (8.02%), Vitamin A: 350.03IU (7%), Potassium: 229.57mg (6.56%), Fiber: 1.39g (5.58%), Folate: 20.97µg (5.24%), Magnesium: 19.02mg (4.75%), Vitamin B1: 0.04mg (2.93%), Vitamin E: 0.41mg (2.71%), Vitamin C: 2.04mg (2.47%), Copper: 0.05mg (2.46%), Manganese: 0.03mg (1.63%)