



Chicken Salad Sandwiches With Pesto

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



159 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup alfalfa sprouts
- 0.8 cup cucumber english peeled chopped
- 4 ounces grape tomatoes halved
- 0.1 teaspoon ground pepper black
- 0.3 teaspoon kosher salt
- 1 tablespoon juice of lemon fresh
- 0.3 cup mayonnaise low-fat
- 1.2 ounce whole-grain bread

- 2 tablespoons commercial pesto (such as Classico)
- 8 ounces chicken breast boneless skinless cooked chopped

Equipment

- bowl
- whisk

Directions

- Combine first 5 ingredients (through black pepper) in a medium bowl, stirring with a whisk.
- Combine chicken, cucumber, tomatoes, and mayonnaise mixture in a large bowl; mix gently.
- Spread chicken mixture over 4 bread slices; top with sprouts and remaining bread.

Nutrition Facts



Properties

Glycemic Index:34.92, Glycemic Load:2.5, Inflammation Score:-5, Nutrition Score:9.5152173456938%

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: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 159.49kcal (7.97%), Fat: 7.8g (12%), Saturated Fat: 1.37g (8.56%), Carbohydrates: 7.84g (2.61%), Net Carbohydrates: 6.59g (2.4%), Sugar: 2.3g (2.55%), Cholesterol: 39.13mg (13.04%), Sodium: 437.64mg (19.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.22g (28.44%), Vitamin B3: 6.52mg (32.62%), Selenium: 20.82µg (29.74%), Vitamin B6: 0.48mg (23.93%), Phosphorus: 156.86mg (15.69%), Vitamin K: 16.35µg (15.57%), Manganese: 0.26mg (13.15%), Vitamin B5: 1mg (10.02%), Potassium: 342.48mg (9.79%), Vitamin A: 448.25IU (8.96%), Vitamin C: 7.24mg (8.77%), Magnesium: 29.79mg (7.45%), Vitamin B1: 0.09mg (6.24%), Vitamin B2: 0.09mg (5.51%), Fiber: 1.25g (5.01%), Zinc: 0.65mg (4.36%), Vitamin E: 0.63mg (4.18%), Iron: 0.71mg (3.95%), Folate: 15.75µg (3.94%), Calcium: 38.8mg (3.88%), Copper: 0.08mg (3.82%), Vitamin B12: 0.11µg (1.89%)