



## Chicken Sandwich with White Bean and Pesto Spread

READY IN



20 min.

SERVINGS



8

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 oz cannellini beans rinsed drained canned
- 1 clove garlic finely chopped
- 2 tablespoons juice of lemon
- 2 tablespoons olive oil
- 1 tablespoon basil pesto
- 1 serving salt and pepper black
- 16 slices bread whole
- 1 cup approx cream cheese spread white

- 4 chicken breast boneless skinless cooked sliced
- 16 the of 1 cos lettuce

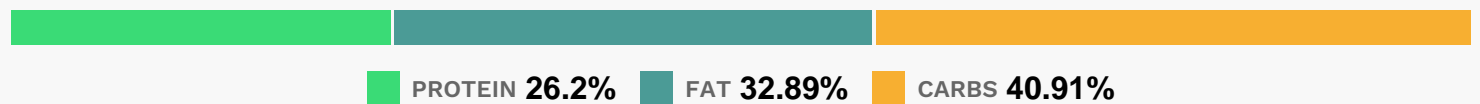
## Equipment

- food processor
- bowl
- plastic wrap

## Directions

- In food processor, process cannellini beans, garlic, lemon juice, olive oil and basil pesto with on-and-off pulses until mixture is smooth. Season with salt and pepper to taste.
- Transfer mixture to medium bowl. Cover with plastic wrap; refrigerate until ready to use.
- To make sandwiches, spread about 1 tablespoon White Bean and Pesto
- Spread onto each slice of bread. Divide chicken among 8 of the bread slices. Arrange lettuce on remaining 8 bread slices.
- Place lettuce-topped bread slices upside-down over chicken.
- Cut sandwiches in half.

## Nutrition Facts



## Properties

Glycemic Index:16.34, Glycemic Load:17.22, Inflammation Score:-10, Nutrition Score:27.648695665857%

## 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: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

## Nutrients (% of daily need)

Calories: 386.72kcal (19.34%), Fat: 14.13g (21.73%), Saturated Fat: 5.35g (33.44%), Carbohydrates: 39.54g (13.18%), Net Carbohydrates: 32.4g (11.78%), Sugar: 4.33g (4.81%), Cholesterol: 53.9mg (17.97%), Sodium: 498.26mg (21.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.32g (50.63%), Vitamin A: 5203.85IU (104.08%), Manganese: 1.57mg (78.57%), Vitamin K: 65.54µg (62.42%), Selenium: 33.66µg (48.09%), Vitamin B3: 8.62mg (43.08%), Folate: 137.25µg (34.31%), Vitamin B6: 0.63mg (31.59%), Phosphorus: 303.42mg (30.34%), Fiber: 7.14g (28.55%), Magnesium: 93.08mg (23.27%), Vitamin B1: 0.35mg (23.21%), Iron: 3.82mg (21.2%), Potassium: 734.1mg (20.97%), Calcium: 189.41mg (18.94%), Copper: 0.29mg (14.69%), Vitamin B5: 1.37mg (13.74%), Zinc: 2.04mg (13.62%), Vitamin B2: 0.21mg (12.21%), Vitamin E: 1.41mg (9.42%), Vitamin C: 4.49mg (5.44%), Vitamin B12: 0.11µg (1.88%)