



Chicken Sandwich with White Bean and Pesto Spread

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon basil pesto
- 15 oz cannellini beans rinsed drained canned
- 1 clove garlic finely chopped
- 2 tablespoons juice of lemon
- 16 slices bread whole
- 2 tablespoons olive oil
- 1 cup basil pesto white

- 16 the of 1 cos lettuce
- 8 servings salt and pepper black
- 4 chicken breast boneless skinless cooked sliced

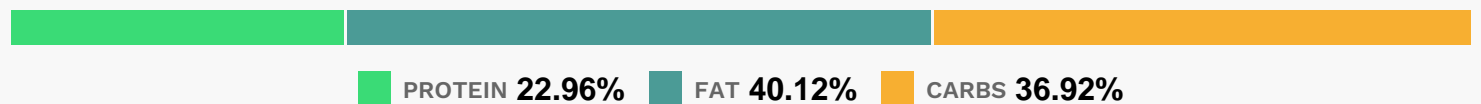
Equipment

- 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:27.849565184635%

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: 436.32kcal (21.82%), Fat: 19.45g (29.92%), Saturated Fat: 3.38g (21.13%), Carbohydrates: 40.26g (13.42%), Net Carbohydrates: 32.63g (11.86%), Sugar: 4.44g (4.93%), Cholesterol: 38.79mg (12.93%), Sodium: 826.02mg (35.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.05g (50.09%), Vitamin A: 5559.25IU (111.18%), Manganese: 1.57mg (78.59%), 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%), Fiber: 7.63g (30.53%), Phosphorus: 303.42mg (30.34%), Magnesium: 93.08mg (23.27%), Vitamin B1: 0.35mg (23.21%), Iron: 4mg (22.2%), Potassium: 734.14mg (20.98%), Calcium: 205.38mg (20.54%), Copper: 0.29mg (14.69%), Vitamin B5: 1.37mg (13.74%), Zinc: 2.04mg (13.63%), Vitamin B2: 0.21mg (12.21%), Vitamin E: 1.41mg (9.42%), Vitamin C: 4.49mg (5.44%), Vitamin B12: 0.11µg (1.88%)