



Chicken Sandwiches with Chiles, Cheese and Romaine Slaw

READY IN



60 min.

SERVINGS



4

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 inch long baguette pieces french toasted halved
- ☐ 4 large new mexico chiles dried stemmed seeded
- ☐ 8 ounces feta cheese sliced
- ☐ 5 tablespoons olive oil divided
- ☐ 7 ounce jalapeño peppers drained sliced canned (jalapeños en escabèche)
- ☐ 1 cup onion red thinly sliced
- ☐ 3 cups baby greens thinly sliced
- ☐ 4 chicken breast halves boneless skinless

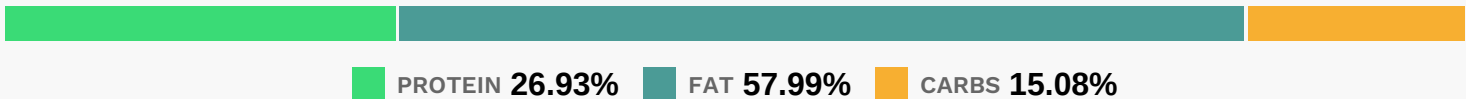
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place guajillo chiles in medium saucepan; add enough water to cover generously and bring to boil. Reduce heat and simmer until soft, about 15 minutes.
- ☐ Drain; reserve cooking liquid.
- ☐ Place chiles in processor; add 1/4 cup reserved cooking liquid and 4 tablespoons oil and puree until smooth.
- ☐ Transfer chile sauce to bowl; season with salt and pepper.
- ☐ Reserve 6 tablespoons chile sauce for sandwiches.
- ☐ Brush remaining sauce all over chicken; sprinkle with salt and pepper.
- ☐ Heat remaining 1 tablespoon oil in large nonstick skillet over medium-high heat.
- ☐ Add chicken and cook until cooked through, 6 to 7 minutes per side.
- ☐ Let chicken rest 5 minutes, then slice thinly crosswise.
- ☐ Mix lettuce, onion, and jalapeños in medium bowl; add 1/4 cup reserved jalapeño juice to slaw and toss.
- ☐ Spread reserved chile sauce over cut sides of bread. Top bottom halves with chicken, then cheese, then some slaw. Cover with top halves of bread and serve with remaining slaw alongside.
- ☐ Per serving: 775.69 Calories (kcal), 43.3 % Calories from Fat, 37.36 Fat (g), 13.89 Saturated Fat (g), 170.94 Cholesterol (mg), 47.73 Carbohydrates (g), 6.48 Dietary Fiber (g), 9.89 Total Sugars (g), 41.25 Net Carbs (g), 60.09 Protein (g)
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:31.44, Glycemic Load:6.45, Inflammation Score:-10, Nutrition Score:33.20304329499%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.31mg, Quercetin: 9.31mg, Quercetin: 9.31mg, Quercetin: 9.31mg

Nutrients (% of daily need)

Calories: 523.16kcal (26.16%), Fat: 33.9g (52.16%), Saturated Fat: 10.79g (67.46%), Carbohydrates: 19.84g (6.61%), Net Carbohydrates: 15.41g (5.6%), Sugar: 5.55g (6.17%), Cholesterol: 122.78mg (40.93%), Sodium: 1710.1mg (74.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.42g (70.84%), Vitamin A: 6747.85IU (134.96%), Vitamin K: 77.94µg (74.22%), Vitamin B3: 13.76mg (68.79%), Selenium: 48.02µg (68.6%), Vitamin B6: 1.31mg (65.66%), Phosphorus: 485.15mg (48.51%), Vitamin B2: 0.75mg (44.03%), Calcium: 341.36mg (34.14%), Folate: 128.74µg (32.19%), Vitamin B5: 2.58mg (25.82%), Potassium: 825.31mg (23.58%), Vitamin E: 3.41mg (22.74%), Vitamin B1: 0.33mg (21.99%), Vitamin B12: 1.18µg (19.74%), Zinc: 2.81mg (18.7%), Fiber: 4.43g (17.71%), Iron: 3.16mg (17.57%), Magnesium: 66.2mg (16.55%), Manganese: 0.32mg (16.21%), Vitamin C: 12.54mg (15.2%), Copper: 0.19mg (9.45%), Vitamin D: 0.34µg (2.27%)