



WHATSheATE



Chicken Sandwiches with Melted Cheese



Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



267 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



4 ounces cheese blue



1 apples i use 2 granny smith apples cored thinly sliced



3 tablespoons butter unsalted at room temperature



8 slices sandwich bread whole-wheat white

Equipment



baking sheet

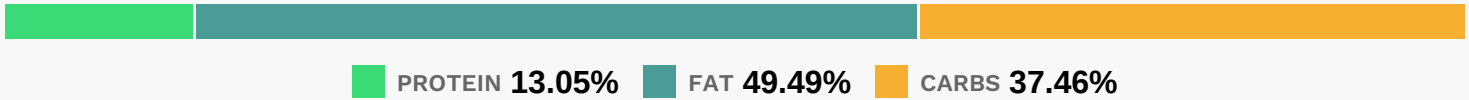


oven

Directions

- ☐ Heat oven to 350 F.
- ☐ Spread the butter on one side of each slice of bread, then lay 4 of them on a greased baking sheet, butter-side down.Divide the chicken among the 4 slices and top with some of the cheese and apple slices.
- ☐ Place the remaining bread slices on top, butter-side up.
- ☐ Bake for 10 minutes. Turn and bake until crispy and golden, about 10 minutes more.
- ☐ Cut in half and serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.76, Glycemic Load:15.5, Inflammation Score:-4, Nutrition Score:7.8956521386686%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 267.22kcal (13.36%), Fat: 14.82g (22.8%), Saturated Fat: 8.89g (55.59%), Carbohydrates: 25.24g (8.41%), Net Carbohydrates: 23.45g (8.53%), Sugar: 6.04g (6.71%), Cholesterol: 35.07mg (11.69%), Sodium: 452.9mg (19.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.79g (17.58%), Calcium: 208.35mg (20.83%), Selenium: 12.65µg (18.08%), Vitamin B1: 0.22mg (14.4%), Phosphorus: 138.99mg (13.9%), Folate: 53.91µg (13.48%), Manganese: 0.25mg (12.6%), Vitamin B2: 0.19mg (11.47%), Vitamin B3: 2.17mg (10.86%), Iron: 1.46mg (8.11%), Vitamin A: 403.02IU (8.06%), Fiber: 1.79g (7.17%), Zinc: 0.98mg (6.52%), Vitamin B5: 0.64mg (6.38%), Vitamin B12: 0.29µg (4.85%), Magnesium: 18mg (4.5%), Vitamin B6: 0.09mg (4.48%), Potassium: 145.82mg (4.17%), Copper: 0.07mg (3.49%), Vitamin E: 0.41mg (2.7%), Vitamin C: 1.67mg (2.03%), Vitamin K: 2.01µg (1.92%), Vitamin D: 0.24µg (1.6%)