



Chicken, Vegetable and Cream Cheese Sandwiches

READY IN



10 min.

SERVINGS



4

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

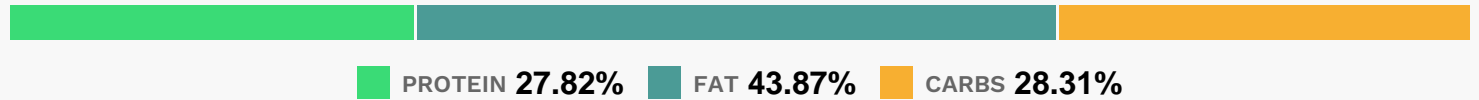
- 8 slices pumpernickel bread
- 6.5 oz alouette garlic & herbs spreadable cheese with garlic and herbs (1 cup)
- 16 slices cucumber thin
- 1 lb roasted chicken cooked sliced (from deli)
- 1 medium tomatoes sliced
- 0.3 inch onion sweet separated (such as Maui or Texas)
- 1 cup coleslaw mix (from 16-oz bag)

Equipment

Directions

- Spread all slices of bread with spreadable cheese.
- Top 4 bread slices, cheese side up, evenly with cucumber, chicken, tomato, onion and coleslaw mix. Cover with remaining bread slices, cheese side down.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:15.32, Inflammation Score:-6, Nutrition Score:20.328260940054%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 522.93kcal (26.15%), Fat: 25.65g (39.46%), Saturated Fat: 11.37g (71.04%), Carbohydrates: 37.24g (12.41%), Net Carbohydrates: 32.07g (11.66%), Sugar: 2.1g (2.34%), Cholesterol: 135.12mg (45.04%), Sodium: 722.12mg (31.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.59g (73.19%), Selenium: 43.66µg (62.37%), Vitamin B3: 11.15mg (55.74%), Manganese: 0.94mg (46.9%), Phosphorus: 349.5mg (34.95%), Vitamin B6: 0.61mg (30.32%), Vitamin B2: 0.38mg (22.46%), Vitamin B1: 0.31mg (20.69%), Fiber: 5.16g (20.66%), Folate: 81.28µg (20.32%), Iron: 3.44mg (19.09%), Zinc: 2.8mg (18.68%), Vitamin K: 18.26µg (17.39%), Magnesium: 67.23mg (16.81%), Potassium: 533.7mg (15.25%), Vitamin B5: 1.49mg (14.93%), Copper: 0.29mg (14.49%), Vitamin C: 11.52mg (13.97%), Calcium: 71.15mg (7.12%), Vitamin A: 339.95IU (6.8%), Vitamin B12: 0.33µg (5.48%), Vitamin E: 0.47mg (3.13%)