



Chipotle Chicken Melt

READY IN



45 min.

SERVINGS



4

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 7 ounce chipotle chiles in adobo sauce canned
- ☐ 2 cups d coleslaw mix shredded
- ☐ 3 tablespoons mayonnaise light
- ☐ 2 ounce monterrey jack cheese
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce chicken breast halves boneless skinless
- ☐ 12 ounce hoagie rolls split
- ☐ 1.5 teaspoons water

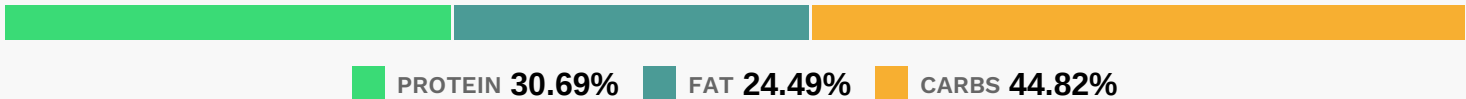
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Remove 1 chile from can; reserve remaining chiles and sauce for another use.
- ☐ Remove and discard chile stem and seeds; finely chop chile.
- ☐ Combine chile, mayonnaise, and water in a small bowl.
- ☐ Spread about 1 tablespoon chile mixture evenly over top half of rolls.
- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; pound to 1/2-inch thickness using a meat mallet or rolling pin.
- ☐ Sprinkle each evenly with salt and pepper.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add chicken; saut 3 minutes per side or until done.
- ☐ Remove chicken from pan; top each with a slice of cheese. Arrange coleslaw mix over bottom half of rolls; top with chicken and remaining half.
- ☐ Serve immediately. Serving size: 1 sandwich.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:28.05, Inflammation Score:-4, Nutrition Score:19.83565207668%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol:

0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 456.79kcal (22.84%), Fat: 12.24g (18.83%), Saturated Fat: 3.73g (23.29%), Carbohydrates: 50.4g (16.8%), Net Carbohydrates: 43.25g (15.73%), Sugar: 10.06g (11.18%), Cholesterol: 86.87mg (28.96%), Sodium: 806.08mg (35.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.51g (69.02%), Iron: 14.66mg (81.46%), Vitamin B3: 11.93mg (59.62%), Selenium: 38.73µg (55.32%), Vitamin B6: 0.9mg (45.23%), Vitamin K: 33.02µg (31.45%), Phosphorus: 311.94mg (31.19%), Fiber: 7.14g (28.57%), Vitamin B5: 1.73mg (17.28%), Vitamin C: 14.17mg (17.18%), Potassium: 495.5mg (14.16%), Calcium: 134.4mg (13.44%), Vitamin B2: 0.18mg (10.76%), Magnesium: 37.96mg (9.49%), Zinc: 1.16mg (7.7%), Vitamin B1: 0.1mg (6.47%), Vitamin B12: 0.34µg (5.74%), Folate: 22.58µg (5.64%), Manganese: 0.09mg (4.58%), Vitamin A: 187.84IU (3.76%), Vitamin E: 0.54mg (3.57%), Copper: 0.05mg (2.29%), Vitamin D: 0.2µg (1.32%)