



Chipotle Grilled Chicken with Avocado Sandwich

♥♥ Popular

READY IN



45 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1 tablespoon juice of lime
- ☐ 0.5 teaspoon chipotle chile powder (less depending on how much heat you want)
- ☐ 1 pound chicken breasts boneless skinless (2 breast halves)
- ☐ 4 small slices monterrey jack cheese
- ☐ 4 sets of hamburger buns
- ☐ 1 avocado peeled seeded sliced

- ☐ 4 servings lettuce of preference
- ☐ 4 servings mayonnaise

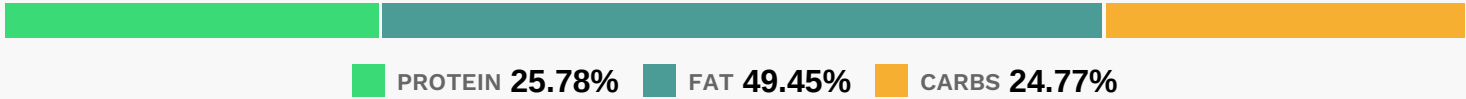
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ grill
- ☐ stove
- ☐ wax paper
- ☐ grill pan
- ☐ meat tenderizer

Directions

- ☐ Make the marinade: In a shallow bowl, stir together the olive oil, lime juice, and chipotle chile powder.
- ☐ Pound chicken breasts to even thickness:
- ☐ Place the chicken breasts between two sheets of wax paper. Use a meat pounder to pound the breasts to an even thickness of about 1/2 inch.
- ☐ Cut off excess fat. If you are starting with 2 half-pound chicken breast halves, cut each one in half so that you have 4 pieces (to better fit the buns).
- ☐ Place the chicken breasts in the marinade, turning to coat. Cover with plastic wrap.
- ☐ Let marinate for at least 15 minutes, preferably an hour.
- ☐ Heat your grill on high heat if you are using a gas grill, or prepare coals for direct heat if you are using charcoal. You can also use a cast-iron grill pan on your stove if you do not have a grill.
- ☐ Grill the chicken pieces a couple minutes on each side, until cooked through. Once you have cooked the chicken pieces on one side and flipped them, add a slice of cheese to the chicken. Cover the grill for half a minute to melt the cheese.
- ☐ Toast the buns on the grill as well.
- ☐ Assemble: Assemble the sandwiches – bun bottom, chicken with melted cheese, avocado and lettuce, mayonnaise on the top bun.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:13.76, Inflammation Score:-7, Nutrition Score:23.835652107778%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 468.82kcal (23.44%), Fat: 25.95g (39.93%), Saturated Fat: 4.21g (26.3%), Carbohydrates: 29.25g (9.75%), Net Carbohydrates: 23.85g (8.67%), Sugar: 5.56g (6.18%), Cholesterol: 75.14mg (25.05%), Sodium: 388.59mg (16.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.44g (60.88%), Vitamin B3: 14.61mg (73.07%), Selenium: 48.51µg (69.31%), Vitamin B6: 1.05mg (52.27%), Vitamin K: 47.18µg (44.93%), Phosphorus: 331.3mg (33.13%), Folate: 112.22µg (28.06%), Vitamin B1: 0.38mg (25.18%), Potassium: 847.34mg (24.21%), Vitamin B5: 2.41mg (24.08%), Manganese: 0.44mg (21.92%), Fiber: 5.4g (21.6%), Vitamin E: 3.19mg (21.24%), Vitamin B2: 0.33mg (19.64%), Magnesium: 60.79mg (15.2%), Iron: 2.61mg (14.52%), Vitamin C: 10.56mg (12.8%), Vitamin A: 566.76IU (11.34%), Copper: 0.2mg (9.87%), Calcium: 98.05mg (9.8%), Zinc: 1.47mg (9.77%), Vitamin B12: 0.33µg (5.43%)