



Chopped Chicken Caesar Sammies

READY IN



45 min.

SERVINGS



6

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 1 pound chicken breast strips/pre-cooked/chopped skinless cooked chopped
- ☐ 2 teaspoons dijon mustard
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup mayonnaise light
- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoons parmesan grated
- ☐ 0.5 cup the of 1 cos lettuce shredded
- ☐ 12 ounces ciabatta rolls split

- ☐ 2 tomatoes thinly sliced
- ☐ 0.5 teaspoon worcestershire sauce

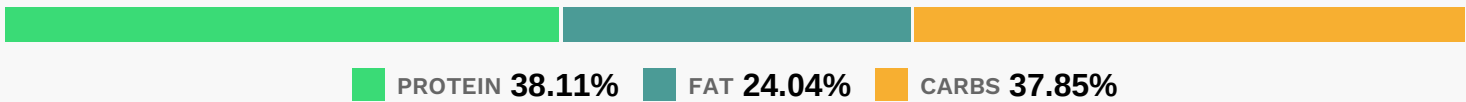
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a bowl, whisk mayonnaise, oil, Parmesan, juice, mustard, Worcestershire and anchovy paste.
- ☐ Add chicken; toss to coat. Divide chicken, tomato and romaine among rolls.
- ☐ Cut sandwiches in half.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:11.002608752769%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 319.87kcal (15.99%), Fat: 8.41g (12.93%), Saturated Fat: 2.09g (13.04%), Carbohydrates: 29.79g (9.93%), Net Carbohydrates: 28.5g (10.36%), Sugar: 1.68g (1.86%), Cholesterol: 68.3mg (22.77%), Sodium: 515mg (22.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.98g (59.97%), Vitamin B3: 10.85mg (54.23%), Selenium: 22.94µg (32.77%), Vitamin B6: 0.5mg (24.86%), Phosphorus: 207.15mg (20.72%), Vitamin A: 726.88IU (14.54%), Vitamin K: 14.09µg (13.42%), Vitamin C: 7.78mg (9.43%), Potassium: 322.68mg (9.22%), Vitamin B5: 0.81mg (8.09%), Magnesium: 30.12mg (7.53%), Vitamin E: 1.02mg (6.82%), Vitamin B2: 0.11mg (6.53%), Zinc: 0.95mg (6.32%), Iron: 1.08mg (6.03%), Vitamin B1: 0.08mg (5.21%), Fiber: 1.28g (5.14%), Calcium: 51.12mg (5.11%), Vitamin B12: 0.3µg (4.93%), Folate: 16.34µg (4.08%), Manganese: 0.08mg (3.77%), Copper: 0.07mg (3.61%)