



Chopped Chicken Sandwich With Crunchy Pecan Slaw

READY IN



30 min.

SERVINGS



4

CALORIES



685 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 2 cups crunchy pecan slaw
- ☐ 4 hoagie rolls
- ☐ 0.5 cup swiss cheese divided grated
- ☐ 0.3 cup sweet-and-spicy dressing

Equipment

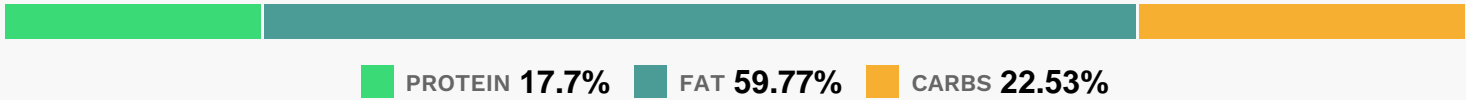
- ☐ bowl

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Light one side of grill, heating to 350 to 400 (medium-high) heat; leave other side unlit.
- ☐ Split rolls in half horizontally, and hollow out soft bread from tops and bottoms, leaving a 1/4-inch-thick shell. Reserve soft bread for another use, if desired.
- ☐ Sprinkle bottom halves of rolls with half of Swiss cheese.
- ☐ Stir together chicken and Sweet-and-Spicy Dressing in a small bowl. Divide chicken mixture among bottom halves of rolls, and top with remaining cheese. Cover with top halves of rolls. Lightly coat each sandwich with cooking spray, and wrap with aluminum foil.
- ☐ Place sandwiches over unlit side of grill, and grill, covered with grill lid, 10 to 12 minutes. Unwrap sandwiches, place over unlit side of grill, and grill 5 minutes or until crust is crisp and cheese is melted.
- ☐ Remove from grill, and cut in half.
- ☐ Remove top halves of rolls from sandwiches. Arrange Crunchy Pecan Slaw over chicken and cheese; lightly sprinkle with celery salt, if desired. Cover with top halves of rolls.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:23.23, Inflammation Score:-5, Nutrition Score:21.384782617507%

Flavonoids

Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg, Cyanidin: 5.32mg Delphinidin: 3.6mg, Delphinidin: 3.6mg, Delphinidin: 3.6mg, Delphinidin: 3.6mg Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg, Catechin: 3.58mg Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg, Epigallocatechin: 2.79mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg, Epigallocatechin 3-gallate: 1.14mg

Nutrients (% of daily need)

Calories: 685.24kcal (34.26%), Fat: 46.67g (71.8%), Saturated Fat: 6.78g (42.39%), Carbohydrates: 39.59g (13.2%), Net Carbohydrates: 33.78g (12.28%), Sugar: 6.3g (7%), Cholesterol: 65.06mg (21.68%), Sodium: 369.99mg (16.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.09g (62.17%), Manganese: 2.24mg (112%), Iron: 12.77mg (70.93%), Phosphorus: 349.01mg (34.9%), Selenium: 23.16µg (33.09%), Copper: 0.64mg (32.01%), Vitamin B3: 6.1mg (30.52%), Zinc: 3.9mg (25.98%), Vitamin B1: 0.37mg (24.77%), Fiber: 5.82g (23.27%), Vitamin B6: 0.4mg (20.02%), Magnesium: 79.05mg (19.76%), Calcium: 169.59mg (16.96%), Vitamin B2: 0.21mg (12.24%), Vitamin B5: 1.17mg (11.65%), Potassium: 372.83mg (10.65%), Vitamin B12: 0.61µg (10.18%), Vitamin E: 0.77mg (5.16%), Folate: 15.6µg (3.9%), Vitamin A: 168.47IU (3.37%), Vitamin K: 1.92µg (1.83%)