



## Club Kabobs

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 slices bacon cooked
- 4 servings cherry tomatoes
- 6 oz roasted chicken cooked
- 6 romaine leaves
- 4 servings toppings: such as pickles
- 0.3 cup salad dressing
- 2 teaspoons pickle relish sweet drained well
- 2 tablespoons thousand island dressing

- 6 slices tomatoes
- 9 slices sandwich bread toasted
- 40 inch frangelico
- 40 inch frangelico

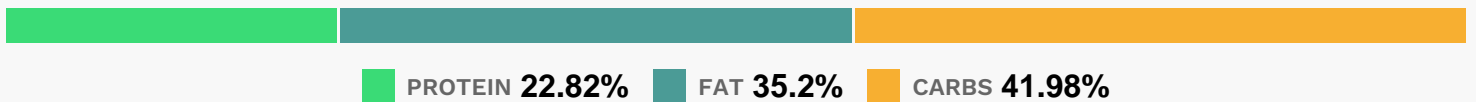
## Equipment

- bowl
- skewers

## Directions

- In small bowl, combine mayonnaise, Thousand Island salad dressing and pickle relish; mix well.
- Spread mayonnaise mixture on one side of each toasted bread slice.
- Top each of 3 slices of toasted bread with 1 lettuce leaf and 2 slices of chicken. Cover each with second slice of toast, spread side down. Top each with 1 lettuce leaf, 2 tomato slices and 2 bacon slices. Cover each with third slice of toast, spread side down.
- Cut each sandwich diagonally into 4 pieces.
- For each kabob, alternate 3 sandwich pieces with cherry tomato and pickle chunk on skewer.

## Nutrition Facts



## Properties

Glycemic Index:28.19, Glycemic Load:20.14, Inflammation Score:-10, Nutrition Score:25.371739690718%

## Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

## Nutrients (% of daily need)

Calories: 395kcal (19.75%), Fat: 15.49g (23.84%), Saturated Fat: 3.6g (22.49%), Carbohydrates: 41.59g (13.86%), Net Carbohydrates: 37.67g (13.7%), Sugar: 12.48g (13.86%), Cholesterol: 45.85mg (15.28%), Sodium: 1298.47mg

(56.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.6g (45.2%), Vitamin A: 3920.53IU (78.41%), Vitamin C: 47.22mg (57.24%), Selenium: 30.96µg (44.24%), Vitamin B3: 8.59mg (42.95%), Vitamin B1: 0.63mg (42.11%), Manganese: 0.69mg (34.56%), Vitamin K: 34.22µg (32.59%), Folate: 108.78µg (27.2%), Phosphorus: 268.48mg (26.85%), Vitamin B6: 0.51mg (25.37%), Iron: 4.26mg (23.68%), Potassium: 805.86mg (23.02%), Vitamin B2: 0.34mg (20.24%), Calcium: 196.84mg (19.68%), Fiber: 3.92g (15.67%), Magnesium: 56.34mg (14.09%), Vitamin E: 2.06mg (13.76%), Copper: 0.26mg (13.16%), Zinc: 1.96mg (13.08%), Vitamin B5: 1.11mg (11.09%), Vitamin B12: 0.25µg (4.24%)