



Club Kabobs

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup salad dressing
- ☐ 2 tablespoons thousand island dressing
- ☐ 2 teaspoons pickle relish sweet drained well
- ☐ 9 slices sandwich bread toasted
- ☐ 6 romaine leaves
- ☐ 6 oz roasted chicken cooked
- ☐ 6 slices tomatoes
- ☐ 6 slices bacon cooked

- ☐ 1 serving cherry tomatoes
- ☐ 1 serving toppings: such as pickles
- ☐ 40 inch frangelico

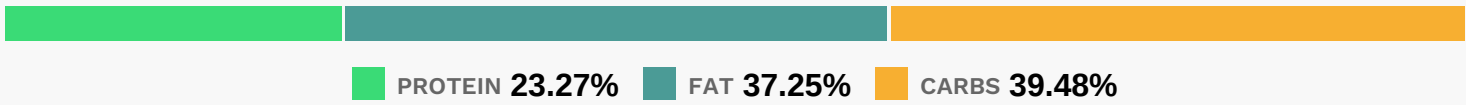
Equipment

- ☐ 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:-9, Nutrition Score:19.926956148251%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 369.17kcal (18.46%), Fat: 15.16g (23.32%), Saturated Fat: 3.54g (22.14%), Carbohydrates: 36.16g (12.05%), Net Carbohydrates: 33.51g (12.19%), Sugar: 9.09g (10.1%), Cholesterol: 45.85mg (15.28%), Sodium: 892.36mg (38.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.31g (42.62%), Vitamin A: 3288.53IU (65.77%), Selenium: 30.41µg (43.44%), Vitamin B3: 7.95mg (39.73%), Vitamin B1: 0.57mg (37.92%), Manganese: 0.55mg (27.58%), Vitamin C: 20.89mg (25.32%), Phosphorus: 229.6mg (22.96%), Folate: 90.45µg (22.61%), Vitamin K:

22.93µg (21.83%), Vitamin B6: 0.4mg (20.16%), Iron: 3.4mg (18.86%), Vitamin B2: 0.29mg (17.17%), Calcium: 158.31mg (15.83%), Potassium: 509.28mg (14.55%), Zinc: 1.75mg (11.69%), Magnesium: 42.94mg (10.73%), Fiber: 2.65g (10.61%), Vitamin B5: 0.94mg (9.41%), Vitamin E: 1.38mg (9.22%), Copper: 0.17mg (8.37%), Vitamin B12: 0.25µg (4.24%)