



Country Chicken Sandwiches with Maple-Mustard Spread

READY IN



15 min.

SERVINGS



4

CALORIES



695 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons salad dressing
- 2 tablespoons dijon mustard country-style
- 2 tablespoons maple syrup
- 3 tablespoons shallots finely chopped
- 8 slices bread crumbs
- 4 oz swiss cheese
- 2 cups rotisserie chicken cut sliced (from 2- to 2 1/2-lb chicken)
- 1 medium avocado pitted ripe peeled sliced

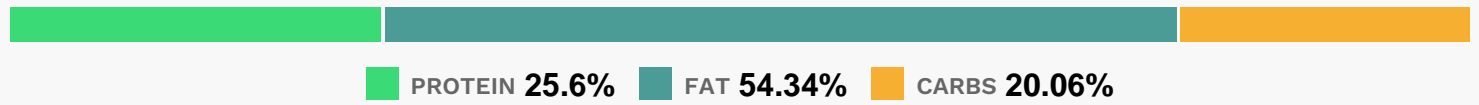
Equipment

bowl

Directions

- In small bowl, mix mayonnaise, mustard, maple syrup and shallot.
- Spread on all 8 slices of bread.
- Top 4 slices of bread with cheese, chicken and avocado. Top with remaining bread slices.

Nutrition Facts



Properties

Glycemic Index:41.38, Glycemic Load:3.27, Inflammation Score:-4, Nutrition Score:12.304782639379%

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

Nutrients (% of daily need)

Calories: 694.85kcal (34.74%), Fat: 42.44g (65.29%), Saturated Fat: 16.81g (105.04%), Carbohydrates: 35.26g (11.75%), Net Carbohydrates: 29.93g (10.88%), Sugar: 20.53g (22.82%), Cholesterol: 139.93mg (46.64%), Sodium: 803.41mg (34.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.98g (89.96%), Calcium: 278.11mg (27.81%), Phosphorus: 217.83mg (21.78%), Fiber: 5.33g (21.32%), Vitamin B2: 0.32mg (18.86%), Manganese: 0.36mg (17.96%), Folate: 71.53µg (17.88%), Selenium: 11.58µg (16.55%), Vitamin K: 17µg (16.19%), Vitamin B12: 0.86µg (14.27%), Vitamin B3: 2.77mg (13.85%), Zinc: 1.8mg (11.97%), Potassium: 418.26mg (11.95%), Vitamin E: 1.47mg (9.8%), Magnesium: 38.53mg (9.63%), Vitamin B6: 0.19mg (9.34%), Vitamin B5: 0.86mg (8.64%), Vitamin B1: 0.12mg (8.01%), Iron: 1.4mg (7.78%), Vitamin C: 5.7mg (6.91%), Vitamin A: 318.07IU (6.36%), Copper: 0.12mg (6.15%)