



Crispy Chicken Club Sandwiches

READY IN



30 min.

SERVINGS



30

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices oscar mayer bacon
- 6 oz take cheddar jack & bacon recipe cheese breadcrumb mix mixed fresh
- 8 lettuce leaves
- 0.5 cup miracle whip dressing
- 1.5 lb chicken breasts boneless skinless
- 8 kaiser rolls split toasted
- 1 large tomatoes cut into 8 slices

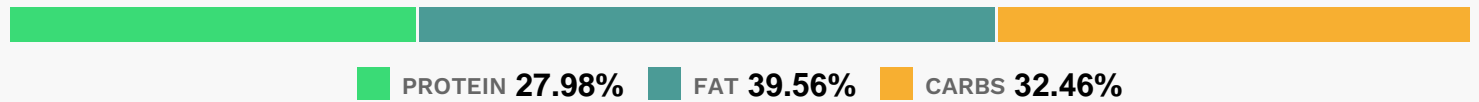
Equipment

- bowl
- frying pan

Directions

- Cook bacon in large skillet until crisp.
- Remove bacon from skillet; cut slices in half.
- Pour 2 Tbsp. drippings into small bowl; discard remaining drippings.
- Coat chicken with cheese mixture as directed on package.
- Heat 1 Tbsp. of the reserved bacon drippings in same skillet on medium heat.
- Add half the chicken; cook 4 min. on each side or until done (165F). Repeat with remaining bacon drippings and chicken.
- Spread bottom halves of rolls with dressing; fill with lettuce, tomatoes, chicken and bacon.

Nutrition Facts



Properties

Glycemic Index:4.6, Glycemic Load:6.2, Inflammation Score:-4, Nutrition Score:4.7630435409753%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 123.29kcal (6.16%), Fat: 5.35g (8.23%), Saturated Fat: 2.02g (12.62%), Carbohydrates: 9.87g (3.29%), Net Carbohydrates: 9.37g (3.41%), Sugar: 1.84g (2.05%), Cholesterol: 23.82mg (7.94%), Sodium: 212.76mg (9.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.51g (17.02%), Iron: 3.07mg (17.04%), Vitamin B3: 2.67mg (13.34%), Selenium: 9.3µg (13.28%), Vitamin A: 579.9IU (11.6%), Vitamin B6: 0.2mg (10.06%), Phosphorus: 84.77mg (8.48%), Calcium: 48.59mg (4.86%), Vitamin B5: 0.37mg (3.73%), Potassium: 129mg (3.69%), Vitamin B2: 0.06mg (3.36%), Vitamin C: 2.26mg (2.73%), Vitamin B1: 0.04mg (2.68%), Zinc: 0.39mg (2.63%), Magnesium: 9.63mg (2.41%), Vitamin B12: 0.12µg (2.03%), Fiber: 0.5g (2.01%), Manganese: 0.03mg (1.54%), Folate: 5.27µg (1.32%)