



## Crispy Chicken Sandwich

READY IN



27 min.

SERVINGS



27

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 bread rolls split french
- 2 Tbsp grey poupon dijon mustard
- 4 large lettuce leaves
- 0.5 cup mozzarella cheese shredded kraft
- 1 lb chicken breasts boneless skinless
- 4 large tomatoes
- 1 pkt. shake 'n bake chicken coating mix

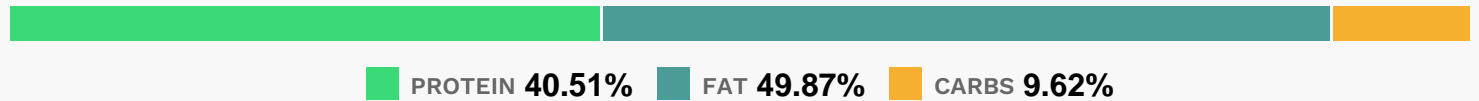
## Equipment

- baking sheet
- oven
- aluminum foil

## Directions

- Preheat oven to 400F. Coat chicken with coating mix as directed on package.
- Place on foil-covered baking sheet.
- Bake 20 minutes or until cooked through. Top each chicken breast with 2 Tbsp. of the cheese.
- Bake an additional 2 minutes or until cheese is melted.
- Spread cut sides of rolls evenly with mustard. Fill with chicken, lettuce and tomatoes.

## Nutrition Facts



## Properties

Glycemic Index:5.77, Glycemic Load:1.12, Inflammation Score:-3, Nutrition Score:4.7873913334764%

## Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 99.33kcal (4.97%), Fat: 5.38g (8.28%), Saturated Fat: 1.62g (10.11%), Carbohydrates: 2.34g (0.78%), Net Carbohydrates: 2.04g (0.74%), Sugar: 0.42g (0.46%), Cholesterol: 33.55mg (11.18%), Sodium: 85.28mg (3.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.84g (19.67%), Vitamin B3: 3.95mg (19.75%), Selenium: 11.39µg (16.26%), Vitamin B6: 0.24mg (11.87%), Phosphorus: 92.64mg (9.26%), Vitamin A: 356IU (7.12%), Vitamin B5: 0.54mg (5.4%), Vitamin B2: 0.07mg (4.24%), Potassium: 140.95mg (4.03%), Zinc: 0.59mg (3.95%), Manganese: 0.08mg (3.89%), Vitamin B1: 0.05mg (3.5%), Magnesium: 13.56mg (3.39%), Iron: 0.54mg (2.97%), Vitamin B12: 0.17µg (2.81%), Vitamin C: 1.85mg (2.25%), Calcium: 21.98mg (2.2%), Folate: 8.06µg (2.02%), Copper: 0.03mg (1.38%), Fiber: 0.3g (1.19%), Vitamin E: 0.16mg (1.1%)