



Curried Chicken Sandwich with Radicchio and Pancetta

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



954 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ciabatta rolls
- ☐ 1 tablespoon curry powder
- ☐ 1.5 teaspoons freshly ginger minced
- ☐ 2 teaspoons honey
- ☐ 1 tablespoon juice of lime
- ☐ 0.5 cup mayonnaise
- ☐ 8 ounces pancetta thinly sliced

- ☐ 1.5 cups radicchio thinly shredded
- ☐ 2 pound roasted chicken roasted diced store-bought

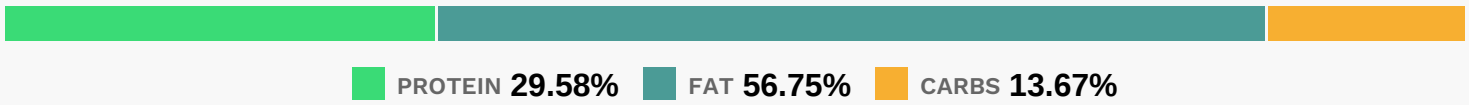
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Fry the pancetta slices in a large skillet over high heat until crispy.
- ☐ Remove from the pan and set aside.
- ☐ In a large bowl combine the chicken, radicchio, mayonnaise, curry powder, lime juice, honey, and ginger. Stir to combine.
- ☐ Slice the rolls in half. Spoon the chicken mixture onto the bottom halves of the rolls. Cover with the crispy pancetta and the top of the rolls.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:30.57, Glycemic Load:1.62, Inflammation Score:-4, Nutrition Score:26.637825711914%

Flavonoids

Cyanidin: 19.05mg, Cyanidin: 19.05mg, Cyanidin: 19.05mg, Cyanidin: 19.05mg Delphinidin: 1.15mg, Delphinidin: 1.15mg, Delphinidin: 1.15mg, Delphinidin: 1.15mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 5.7mg, Luteolin: 5.7mg, Luteolin: 5.7mg, Luteolin: 5.7mg Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

Nutrients (% of daily need)

Calories: 954.33kcal (47.72%), Fat: 59.13g (90.97%), Saturated Fat: 15.19g (94.93%), Carbohydrates: 32.03g (10.68%), Net Carbohydrates: 30.74g (11.18%), Sugar: 3.24g (3.6%), Cholesterol: 219.28mg (73.09%), Sodium: 1002.04mg (43.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 69.35g (138.7%), Vitamin B3: 20.26mg

(101.3%), Selenium: 68.26µg (97.52%), Vitamin K: 85.41µg (81.34%), Vitamin B6: 1.11mg (55.61%), Phosphorus: 535.13mg (53.51%), Zinc: 4.33mg (28.84%), Vitamin B5: 2.62mg (26.16%), Vitamin B2: 0.4mg (23.25%), Vitamin B1: 0.31mg (20.48%), Potassium: 714.99mg (20.43%), Iron: 3.59mg (19.93%), Vitamin B12: 0.97µg (16.25%), Magnesium: 61.16mg (15.29%), Vitamin E: 1.84mg (12.28%), Copper: 0.23mg (11.29%), Manganese: 0.14mg (6.85%), Folate: 24.58µg (6.14%), Fiber: 1.29g (5.14%), Calcium: 43.17mg (4.32%), Vitamin C: 2.55mg (3.09%), Vitamin A: 152.88IU (3.06%), Vitamin D: 0.28µg (1.89%)