



Curry Chicken Sandwiches

READY IN



19 min.

SERVINGS



2

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter melted
- 0.3 teaspoon lemon pepper
- 0.5 pound chicken breast halves boneless skinless
- 1 serving salt
- 1 serving bell pepper
- 1 tablespoon salad dressing
- 1 tablespoon yogurt plain sour
- 0.3 teaspoon curry powder
- 1 serving romaine leaves

2 hawaiian rolls split

Equipment

oven

broiler pan

Directions

Set oven control to broil.

Mix butter and lemon pepper.

Brush half of the butter mixture over chicken.

Place chicken on rack in broiler pan.

Broil with tops 4 inches from heat about 4 minutes or until chicken just starts to brown.

Sprinkle lightly with salt and pepper. Turn chicken; brush with remaining butter mixture. Broil about 5 minutes longer or until chicken is brown on outside and juices are no longer pink when center of thickest piece is cut.

While chicken is broiling, mix mayonnaise, yogurt and curry powder.

Place lettuce on bottoms of rolls.

Place chicken on lettuce. Top with dollop of mayonnaise mixture and tops of rolls.

Nutrition Facts



PROTEIN 35.44% **FAT 33.27%** **CARBS 31.29%**

Properties

Glycemic Index:75, Glycemic Load:13.47, Inflammation Score:-9, Nutrition Score:22.633043219214%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 335.4kcal (16.77%), Fat: 12.21g (18.78%), Saturated Fat: 2.62g (16.38%), Carbohydrates: 25.83g (8.61%), Net Carbohydrates: 24.01g (8.73%), Sugar: 6.05g (6.72%), Cholesterol: 73.87mg (24.62%), Sodium: 586.01mg (25.48%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.26g (58.52%), Vitamin B3: 14.07mg (70.34%), Selenium: 48.51µg (69.3%), Vitamin C: 51.88mg (62.89%), Vitamin B6: 1.01mg (50.44%), Vitamin A: 2355.87IU (47.12%), Phosphorus: 308.16mg (30.82%), Vitamin B1: 0.34mg (22.94%), Manganese: 0.38mg (18.9%), Vitamin B5: 1.78mg (17.82%), Vitamin B2: 0.3mg (17.81%), Potassium: 605.43mg (17.3%), Folate: 67.85µg (16.96%), Iron: 2.28mg (12.69%), Magnesium: 48.23mg (12.06%), Vitamin E: 1.39mg (9.27%), Calcium: 91.99mg (9.2%), Vitamin K: 8.71µg (8.3%), Zinc: 1.17mg (7.77%), Fiber: 1.82g (7.29%), Vitamin B12: 0.36µg (5.95%), Copper: 0.09mg (4.57%)