



Curry Chicken Sandwiches

READY IN



19 min.

SERVINGS



2

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 0.3 teaspoon curry powder
- ☐ 2 hawaiian rolls split
- ☐ 0.3 teaspoon lemon pepper
- ☐ 2 servings romaine leaves
- ☐ 2 servings bell pepper
- ☐ 1 tablespoon salad dressing
- ☐ 2 servings salt
- ☐ 0.5 pound chicken breast halves boneless skinless

☐ 1 tablespoon yogurt plain sour

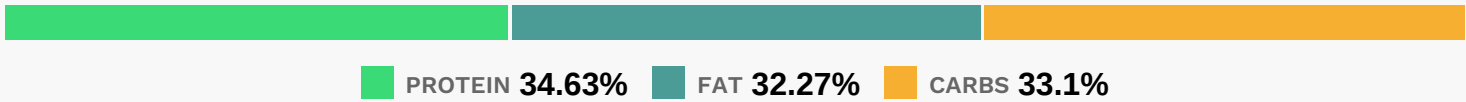
Equipment

- ☐ 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



Properties

Glycemic Index:75, Glycemic Load:13.94, Inflammation Score:-10, Nutrition Score:27.859130146711%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 346.88kcal (17.34%), Fat: 12.32g (18.96%), Saturated Fat: 2.64g (16.52%), Carbohydrates: 28.44g (9.48%), Net Carbohydrates: 25.71g (9.35%), Sugar: 7.73g (8.59%), Cholesterol: 73.87mg (24.62%), Sodium: 687.75mg

(29.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.75g (59.5%), Vitamin C: 101.72mg (123.3%), Vitamin A: 4410.65IU (88.21%), Vitamin B3: 14.48mg (72.4%), Selenium: 48.62µg (69.45%), Vitamin B6: 1.13mg (56.46%), Phosphorus: 321.32mg (32.13%), Vitamin B1: 0.38mg (25.08%), Manganese: 0.46mg (22.8%), Folate: 89.54µg (22.39%), Vitamin B2: 0.35mg (20.38%), Potassium: 707.33mg (20.21%), Vitamin B5: 1.9mg (19%), Iron: 2.55mg (14.19%), Magnesium: 54.26mg (13.57%), Vitamin E: 2.01mg (13.43%), Fiber: 2.72g (10.9%), Vitamin K: 10.54µg (10.04%), Calcium: 98.98mg (9.9%), Zinc: 1.28mg (8.56%), Vitamin B12: 0.36µg (5.95%), Copper: 0.1mg (4.89%)