



Divine Summertime Chicken Sandwich

READY IN



30 min.

SERVINGS



2

CALORIES



813 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 4 ounces cream cheese softened
- ☐ 4 teaspoons dill weed dried divided
- ☐ 4 slices bread french thick
- ☐ 4 tablespoons garlic divided minced
- ☐ 1 leaf lettuce
- ☐ 2 chicken breast halves boneless skinless
- ☐ 1 small tomatoes diced

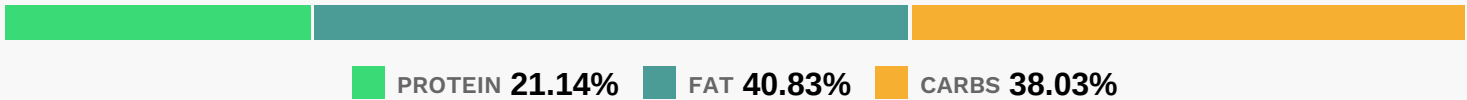
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a medium bowl, mix together the cream cheese, 2 teaspoons of dill, and 2 tablespoons of garlic. Set aside.
- ☐ Melt about half of the butter in a skillet over medium heat. Season chicken breast halves with remaining garlic and dill. Cook for about 8 minutes per side, or until the meat is firm and juices run clear.
- ☐ Remove from the pan, and set aside.
- ☐ Spread the remaining butter onto one side of the slices of bread, and toast in the skillet until golden.
- ☐ Spread the cream cheese onto the other sides of the bread, and make sandwiches with the chicken breasts, lettuce, and tomato.

Nutrition Facts



Properties

Glycemic Index:128.75, Glycemic Load:54.04, Inflammation Score:-9, Nutrition Score:33.893477978914%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 813.46kcal (40.67%), Fat: 37.15g (57.15%), Saturated Fat: 20g (125%), Carbohydrates: 77.87g (25.96%), Net Carbohydrates: 73.85g (26.86%), Sugar: 9.49g (10.54%), Cholesterol: 159.69mg (53.23%), Sodium: 1179.25mg (51.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.27g (86.55%), Selenium: 80.06µg (114.37%), Vitamin B3: 18.46mg (92.28%), Vitamin B1: 1.05mg (70.25%), Vitamin B6: 1.29mg (64.31%), Manganese: 1.1mg (54.86%), Vitamin B2: 0.83mg (48.69%), Phosphorus: 482.79mg (48.28%), Folate: 175.95µg (43.99%), Iron: 6.87mg (38.19%),

Vitamin A: 1662.76IU (33.26%), Potassium: 889.86mg (25.42%), Vitamin B5: 2.52mg (25.16%), Magnesium: 94.03mg (23.51%), Calcium: 200.48mg (20.05%), Zinc: 2.62mg (17.45%), Vitamin C: 13.69mg (16.6%), Fiber: 4.02g (16.07%), Copper: 0.32mg (16.04%), Vitamin E: 1.56mg (10.41%), Vitamin K: 8.12µg (7.74%), Vitamin B12: 0.37µg (6.24%)