



Extreme Makeover Chicken Salad Sammy

READY IN



25 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups arugula
- ☐ 8 oz chicken breast
- ☐ 2 tbsp optional: dill roughly chopped
- ☐ 0.5 cup greek yogurt low-fat
- ☐ 8 slices bread
- ☐ 4 servings pepper black freshly ground
- ☐ 1 cup radishes thinly sliced
- ☐ 0.5 cup grapes red quartered
- ☐ 0.3 tsp salt

- ☐ 0.3 cup spring onion finely chopped
- ☐ 2 tbsp walnuts toasted roughly chopped

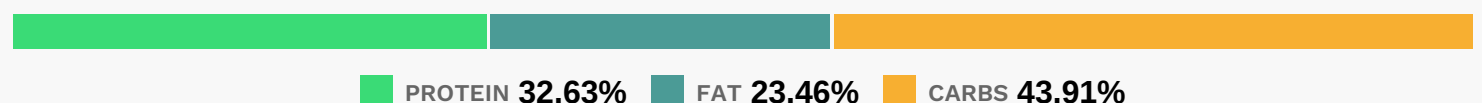
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ To cook the chicken, bring a saucepan of water to a boil over high heat.
- ☐ Add the chicken and simmer for 15 minutes, or until cooked through.
- ☐ Remove from water and cool completely. When cool, cut into 1/2-inch/1.3-centimeter dice.
- ☐ Place in a bowl with the grapes, walnuts, dill, scallions, yogurt, salt and black pepper. Stir to combine.
- ☐ To assemble the sandwiches, place 4 slices of bread on a work surface. For each sandwich, top with 1/2 cup/10 grams arugula, 1/2 cup/70 grams chicken salad, 1/4 cup/29 grams sliced radishes and another piece of bread.
- ☐ You can also try substituting shrimp for the chicken and hazelnuts for the walnuts!
- ☐ Save the cooking water from the chicken. It will be lightly flavored from the chicken and can make a nice base broth for soup. Freeze it!
- ☐ Per Sandwich: Calories 260, protein 23 g, total fat 6 g, carbohydrates 28 g, sodium 460 mg, fiber 5 g
- ☐ The Truly Healthy Family Cookbook
- ☐ Reprinted with permission from The Truly Healthy Family Cookbook: Mega-nutritious Meals that are Inspired, Delicious and Fad-free by Tina Ruggiero, M.S., R.D., photography by Bill Bettencourt. Copyright © 2013 Tina Ruggiero. First published in 2013 by Page Street Publishing.

Nutrition Facts



Properties

Glycemic Index:69.67, Glycemic Load:16.38, Inflammation Score:-6, Nutrition Score:19.120434864708%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg, Isorhamnetin: 0.52mg Kaempferol: 3.85mg, Kaempferol: 3.85mg, Kaempferol: 3.85mg, Kaempferol: 3.85mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 283.55kcal (14.18%), Fat: 7.42g (11.42%), Saturated Fat: 1.41g (8.8%), Carbohydrates: 31.26g (10.42%), Net Carbohydrates: 26.57g (9.66%), Sugar: 7.55g (8.38%), Cholesterol: 37.93mg (12.64%), Sodium: 490.33mg (21.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.23g (46.47%), Manganese: 1.47mg (73.3%), Selenium: 33.1µg (47.29%), Vitamin B3: 8.63mg (43.14%), Vitamin B6: 0.62mg (31.05%), Vitamin K: 31.75µg (30.24%), Phosphorus: 272.47mg (27.25%), Vitamin B1: 0.3mg (19.79%), Magnesium: 76.22mg (19.05%), Fiber: 4.68g (18.72%), Calcium: 162.65mg (16.27%), Potassium: 532.44mg (15.21%), Copper: 0.27mg (13.72%), Vitamin B5: 1.33mg (13.28%), Folate: 52.33µg (13.08%), Iron: 2.22mg (12.32%), Vitamin B2: 0.2mg (11.53%), Zinc: 1.64mg (10.92%), Vitamin C: 8.49mg (10.29%), Vitamin A: 366.16IU (7.32%), Vitamin E: 0.56mg (3.73%), Vitamin B12: 0.11µg (1.89%)