



Honey-Mustard Chicken Sandwiches

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



378 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup dijon mustard
- 2 tablespoons honey
- 1 teaspoon oregano dried
- 0.1 teaspoon ground pepper red (cayenne)
- 1.3 lb chicken breast boneless skinless
- 4 sandwich rolls split
- 4 slices tomatoes
- 4 leaves lettuce

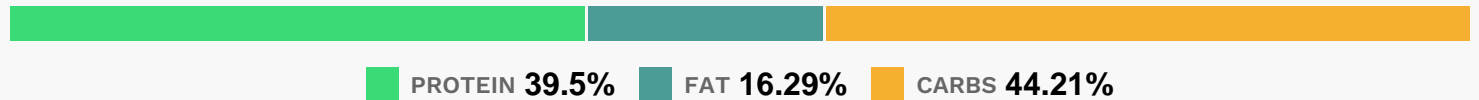
Equipment

- bowl
- grill

Directions

- Heat gas or charcoal grill. In small bowl, mix mustard, honey, oregano and red pepper.
- Brush on both sides of chicken.
- Place chicken on grill over medium heat. Cover grill; cook 12 to 15 minutes, brushing frequently with mustard mixture and turning occasionally, until juice of chicken is clear when center of thickest part is cut (at least 165°F). Discard any remaining mustard mixture.
- Serve chicken in buns with tomato and lettuce.

Nutrition Facts



Properties

Glycemic Index:47.82, Glycemic Load:4.9, Inflammation Score:-8, Nutrition Score:22.406956587149%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 377.52kcal (18.88%), Fat: 6.75g (10.38%), Saturated Fat: 1.21g (7.54%), Carbohydrates: 41.18g (13.73%), Net Carbohydrates: 38.53g (14.01%), Sugar: 10.74g (11.94%), Cholesterol: 90.72mg (30.24%), Sodium: 648.41mg (28.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.79g (73.58%), Selenium: 73.06µg (104.37%), Vitamin B3: 17.5mg (87.5%), Vitamin B6: 1.13mg (56.33%), Phosphorus: 380.9mg (38.09%), Vitamin B1: 0.41mg (27.13%), Vitamin B5: 2.34mg (23.43%), Manganese: 0.42mg (21.19%), Vitamin B2: 0.36mg (21.05%), Potassium: 697.66mg (19.93%), Folate: 68.74µg (17.19%), Iron: 2.98mg (16.56%), Magnesium: 64.9mg (16.22%), Fiber: 2.65g (10.6%), Zinc: 1.55mg (10.36%), Copper: 0.17mg (8.39%), Calcium: 83.89mg (8.39%), Vitamin K: 8.08µg (7.69%), Vitamin A: 353.15IU (7.06%), Vitamin C: 5.8mg (7.03%), Vitamin E: 0.83mg (5.56%), Vitamin B12: 0.28µg (4.72%)