



Gouda Lover's Chicken Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



1083 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce bread loaf french
- ☐ 6 ounce gouda cheese round cut into 12 slices
- ☐ 0.3 cup dijon honey mustard
- ☐ 4 servings lettuce
- ☐ 0.3 cup mayonnaise
- ☐ 2.5 pound roasted chicken whole
- ☐ 2 medium tomatoes sliced

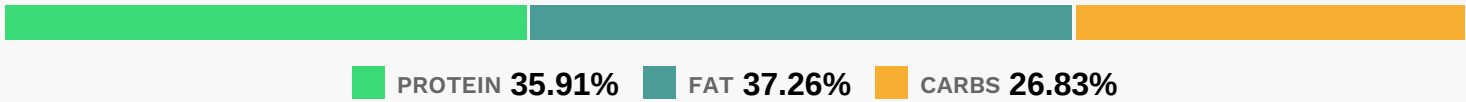
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Slice chicken from bone; set aside.
- ☐ Split bread loaf horizontally; cut each half crosswise into 4 pieces.
- ☐ Place, cut side up, on a baking sheet.
- ☐ Broil bread 5 inches from heat (with electric oven door partially open) until lightly browned.
- ☐ Remove from oven.
- ☐ Spread 4 bread pieces with mayonnaise. Top each with desired amount of chicken slices and 3 cheese slices. (Reserve any extra chicken for another use.) Top with lettuce and tomato.
- ☐ Spread remaining bread pieces with honey mustard.
- ☐ Place on top of sandwiches. To carry in lunchbox, wrap in aluminum foil sandwich wrapper sheets.
- ☐ NOTE: For hot sandwiches, top 4 bread pieces with chicken and cheese, and broil 2 to 3 minutes or until cheese melts. Proceed as directed above; serve immediately.

Nutrition Facts



Properties

Glycemic Index:56.88, Glycemic Load:46.8, Inflammation Score:-9, Nutrition Score:42.770434612813%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 1083.12kcal (54.16%), Fat: 43.91g (67.56%), Saturated Fat: 14.89g (93.04%), Carbohydrates: 71.14g (23.71%), Net Carbohydrates: 66.84g (24.3%), Sugar: 12.75g (14.16%), Cholesterol: 266.98mg (88.99%), Sodium: 1422.24mg (61.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 95.21g (190.43%), Selenium: 108.75µg (155.36%), Vitamin B3: 28.31mg (141.55%), Phosphorus: 931.06mg (93.11%), Vitamin B1: 1.05mg (70.29%), Vitamin B6: 1.41mg (70.27%), Vitamin B2: 1.08mg (63.5%), Folate: 198.32µg (49.58%), Zinc: 7.41mg (49.37%), Vitamin K: 50.9µg (48.48%), Iron: 8.53mg (47.37%), Manganese: 0.83mg (41.47%), Calcium: 413.95mg (41.39%), Vitamin B5: 3.44mg (34.39%), Potassium: 1107.38mg (31.64%), Magnesium: 121.29mg (30.32%), Vitamin A: 1323.82IU (26.48%), Vitamin B12: 1.49µg (24.9%), Copper: 0.41mg (20.52%), Fiber: 4.3g (17.2%), Vitamin C: 10.92mg (13.23%), Vitamin E: 1.29mg (8.61%), Vitamin D: 0.24µg (1.6%)