



Gourmet Chicken Sandwich

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices garlic and rosemary focaccia bread
- ☐ 4 chicken breast halves – pounded to 1/2 inch boneless skinless
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 4 servings ground pepper black to taste
- ☐ 2 tablespoons mayonnaise
- ☐ 2 teaspoons mustard dijon-style prepared
- ☐ 1 tablespoon olive oil

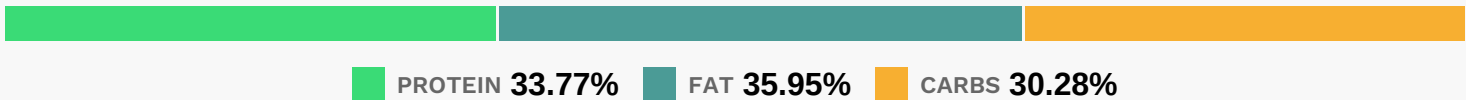
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Sprinkle pepper on one side of each chicken cutlet.
- ☐ Heat oil in a large skillet; brown garlic in oil, then add chicken, pepper-side-down.
- ☐ Saute chicken until cooked through and juices run clear, about 12 to 15 minutes.
- ☐ In a small bowl combine the mayonnaise, mustard and rosemary.
- ☐ Mix together and spread mixture on 4 slices focaccia bread.
- ☐ Place 1 chicken cutlet on each of these slices, then top each with another bread slice.

Nutrition Facts



Properties

Glycemic Index:50.67, Glycemic Load:14.4, Inflammation Score:-4, Nutrition Score:19.099565319393%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 363.73kcal (18.19%), Fat: 14.29g (21.99%), Saturated Fat: 2.34g (14.64%), Carbohydrates: 27.09g (9.03%), Net Carbohydrates: 24.7g (8.98%), Sugar: 3.29g (3.66%), Cholesterol: 75.26mg (25.09%), Sodium: 468.13mg (20.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.21g (60.43%), Selenium: 53.41µg (76.3%), Vitamin B3: 14.94mg (74.68%), Vitamin B6: 0.92mg (46.02%), Manganese: 0.72mg (36.05%), Phosphorus: 315.03mg (31.5%), Vitamin B5: 2.1mg (20.95%), Vitamin B1: 0.31mg (20.63%), Vitamin K: 16.7µg (15.91%), Vitamin B2: 0.26mg (15.18%), Potassium: 506.75mg (14.48%), Iron: 2.53mg (14.07%), Magnesium: 53.99mg (13.5%), Folate: 52.71µg (13.18%), Fiber: 2.39g (9.57%), Zinc: 1.27mg (8.5%), Calcium: 79.7mg (7.97%), Vitamin E: 1.07mg (7.1%), Copper: 0.12mg (6.01%), Vitamin B12: 0.23µg (3.91%), Vitamin C: 1.72mg (2.08%)