



Grilled BBQ Chicken Sandwiches with Spicy Avocado Spread

READY IN



14 min.

SERVINGS



4

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings spicy avocado spread
- ☐ 0.3 cup barbecue sauce (such as Sticky Fingers Memphis Original)
- ☐ 12 ounce chicken breast cutlets boneless skinless
- ☐ 2.8 ounce sharp cheddar cheese 2% reduced-fat
- ☐ 7.2 ounce wheat hamburger buns white

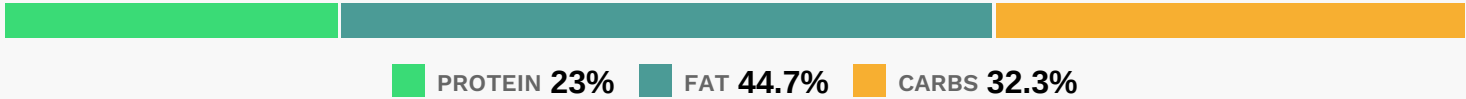
Equipment

- ☐ grill

Directions

- ☐ Preheat grill.
- ☐ Brush both sides of chicken with barbecue sauce.
- ☐ Place chicken on grill rack coated with cooking spray. Grill 3 to 4 minutes on each side or until chicken is done, placing 1 cheese slice on each chicken breast during last minute of cooking.
- ☐ Place lettuce and tomato on bottom half of each bun, if desired; add 1 chicken breast. Top each with about 2 1/2 tablespoons Spicy Avocado
- ☐ Spread.
- ☐ Place remaining bun halves on top.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:16.14, Inflammation Score:-7, Nutrition Score:24.892173948495%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg

Nutrients (% of daily need)

Calories: 511.04kcal (25.55%), Fat: 25.76g (39.63%), Saturated Fat: 6.86g (42.88%), Carbohydrates: 41.87g (13.96%), Net Carbohydrates: 34.09g (12.4%), Sugar: 10.37g (11.53%), Cholesterol: 74.28mg (24.76%), Sodium: 671.64mg (29.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.81g (59.62%), Selenium: 47.34µg (67.63%), Vitamin B3: 12.86mg (64.3%), Vitamin B6: 0.95mg (47.66%), Phosphorus: 376.61mg (37.66%), Folate: 136.89µg (34.22%), Fiber: 7.78g (31.12%), Vitamin B2: 0.46mg (27.3%), Vitamin B1: 0.41mg (27.23%), Vitamin B5: 2.71mg (27.12%), Potassium: 918.69mg (26.25%), Calcium: 235.93mg (23.59%), Vitamin K: 24.42µg (23.25%), Manganese: 0.46mg (23.07%), Vitamin E: 2.66mg (17.74%), Magnesium: 70.53mg (17.63%), Iron: 2.76mg (15.34%), Zinc: 2.26mg (15.1%), Copper: 0.29mg (14.4%), Vitamin C: 11.79mg (14.29%), Vitamin A: 410.91IU (8.22%), Vitamin B12: 0.48µg (8.04%), Vitamin D: 0.2µg (1.36%)