



Grilled Buffalo Chicken Sandwich

 Dairy Free

READY IN



22 min.

SERVINGS



22

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup bull's-eye raging buffalo barbecue sauce
- 4 crusty sandwich rolls split
- 0.3 cup green onions chopped
- 4 leaf lettuce leaves
- 0.3 cup real mayo mayonnaise kraft
- 2 tsp olive oil
- 1 lb chicken breasts boneless skinless
- 2 medium tomatoes cut into 4 slices each

Equipment

grill

Directions

Preheat grill to medium-high heat.

Mix mayo and onions; cover. Refrigerate until ready to serve.

Brush chicken with oil.

Grill chicken 4 min. on each side.

Brush lightly with barbecue sauce. Continue grilling 2 min. or until chicken is cooked through (170F), turning and brushing occasionally with the remaining barbecue sauce.

Spread top halves of rolls with the mayo mixture.

Place lettuce and tomato slices on bottom halves of rolls; cover with the chicken and tops of rolls.

Nutrition Facts



PROTEIN 29.18% **FAT 39.26%** **CARBS 31.56%**

Properties

Glycemic Index:5.45, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:3.9391304377628%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 77.2kcal (3.86%), Fat: 3.32g (5.1%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 6g (2%), Net Carbohydrates: 5.6g (2.03%), Sugar: 0.52g (0.58%), Cholesterol: 14.26mg (4.75%), Sodium: 264.49mg (11.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.1%), Selenium: 10.72µg (15.31%), Vitamin B3: 2.66mg (13.31%), Vitamin B6: 0.17mg (8.4%), Vitamin K: 7.73µg (7.37%), Phosphorus: 57.35mg (5.74%), Vitamin B1: 0.07mg (4.53%), Vitamin B5: 0.35mg (3.51%), Vitamin B2: 0.06mg (3.48%), Potassium: 117.98mg (3.37%), Folate: 13.27µg (3.32%), Manganese: 0.07mg (3.3%), Iron: 0.47mg (2.62%), Vitamin A: 125.78IU (2.52%), Vitamin C: 2.03mg (2.46%), Magnesium: 9.67mg (2.42%), Vitamin E: 0.29mg (1.95%), Zinc: 0.24mg (1.63%), Fiber: 0.4g (1.62%), Copper: 0.03mg

(1.52%), Calcium: 13.09mg (1.31%)