



Grilled Cheddar-Chicken Fillet Sandwiches

READY IN



35 min.

SERVINGS



4

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 lb chicken breast boneless skinless
- 0.5 teaspoon lawry's seasoned salt
- 0.3 teaspoon coarse salt
- 1 medium onion sweet sliced
- 4 oz mushrooms fresh cut in half (1 1/2 cups)
- 1 tablespoon vegetable oil
- 3 tablespoons mustard
- 4 slices sourdough bread (3/)
- 3 oz sharp cheddar cheese

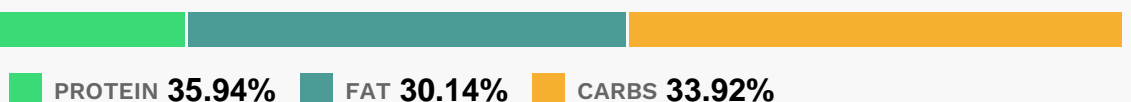
Equipment

- bowl
- plastic wrap
- grill
- wok
- rolling pin
- meat tenderizer

Directions

- Heat gas or charcoal grill. Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/4 inch thick.
- Sprinkle with 1/4 teaspoon of the seasoned salt and the pepper.
- In medium bowl, toss onion and mushrooms with remaining 1/4 teaspoon seasoned salt and the oil until vegetables are coated.
- Place vegetables in grill basket (grill "wok").
- Place chicken and grill basket on grill over medium heat. Cover grill; cook 10 to 15 minutes, occasionally turning and brushing chicken with 2 tablespoons of the mustard-mayonnaise sauce and shaking grill basket to mix vegetables, until chicken is no longer pink in center and vegetables are tender.
- Add bread slices to grill for last 4 minutes of cooking, turning once, until crisp.
- Top each cooked chicken breast with vegetables and cheese slice. Cover grill; cook until cheese is melted.
- Spread one side of bread slices with remaining mustard-mayonnaise sauce. Top each bread slice with chicken breast.

Nutrition Facts



Properties

Glycemic Index:42.88, Glycemic Load:25.99, Inflammation Score:-7, Nutrition Score:27.757826266081%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg, Quercetin: 12.02mg

Nutrients (% of daily need)

Calories: 492.06kcal (24.6%), Fat: 16.39g (25.22%), Saturated Fat: 5.79g (36.16%), Carbohydrates: 41.5g (13.83%), Net Carbohydrates: 38.58g (14.03%), Sugar: 7.9g (8.78%), Cholesterol: 111.98mg (37.33%), Sodium: 1256.58mg (54.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.98g (87.95%), Selenium: 76.56µg (109.37%), Vitamin B3: 19.08mg (95.38%), Vitamin B6: 1.29mg (64.48%), Phosphorus: 521.12mg (52.11%), Vitamin B1: 0.63mg (41.96%), Vitamin B2: 0.65mg (38.04%), Vitamin B5: 2.86mg (28.61%), Folate: 113.49µg (28.37%), Manganese: 0.48mg (24.15%), Potassium: 821.31mg (23.47%), Calcium: 215.45mg (21.54%), Iron: 3.6mg (20.01%), Magnesium: 78.49mg (19.62%), Zinc: 2.6mg (17.31%), Copper: 0.29mg (14.39%), Fiber: 2.92g (11.68%), Vitamin B12: 0.52µg (8.67%), Vitamin C: 6.31mg (7.65%), Vitamin K: 7.91µg (7.53%), Vitamin E: 0.9mg (6%), Vitamin A: 264.39IU (5.29%), Vitamin D: 0.33µg (2.17%)