



Grilled Chicken and Club Sandwich

 Popular

READY IN



25 min.

SERVINGS



1

CALORIES



1082 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon peppercorns black
- ☐ 1 small chicken breast thin
- ☐ 1 tablespoon sea salt
- ☐ 2 slices bacon cooked
- ☐ 1 tablespoon coriander seeds lightly toasted
- ☐ 1 teaspoon dill seeds
- ☐ 1 teaspoon sea salt
- ☐ 2 leaves lettuce

- ☐ 1 tablespoon mayo
- ☐ 1 serving your favourite grilled meat seasoning to taste
- ☐ 1 slice mozzarella cheese
- ☐ 2 teaspoons paprika
- ☐ 1 tablespoon pesto
- ☐ 1 teaspoon pepper flakes hot
- ☐ 1 sandwich rolls sliced in half
- ☐ 2 slices tomatoes

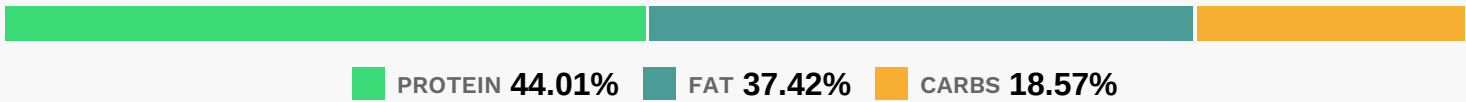
Equipment

- ☐ grill

Directions

- ☐ Brush your grill with oil and heat it to medium heat.Season the chicken with salt and pepper and grill until cooked, about 5–7 minutes per side.Assemble the sandwich and enjoy.

Nutrition Facts



Properties

Glycemic Index:244, Glycemic Load:2.47, Inflammation Score:-10, Nutrition Score:51.79956525305%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 1081.99kcal (54.1%), Fat: 44.71g (68.79%), Saturated Fat: 11.69g (73.06%), Carbohydrates: 49.91g (16.64%), Net Carbohydrates: 40.71g (14.8%), Sugar: 4.43g (4.92%), Cholesterol: 335.9mg (111.97%), Sodium: 8510.33mg (370.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 118.3g (236.6%), Selenium: 183.54µg (262.2%), Vitamin B3: 52.38mg (261.9%), Vitamin B6: 3.75mg (187.4%), Phosphorus: 1262.78mg (126.28%), Manganese: 1.95mg (97.71%), Vitamin B5: 7.26mg (72.55%), Potassium: 2355.63mg (67.3%), Vitamin A: 3259.53IU (65.19%),

Vitamin B2: 0.88mg (51.69%), Vitamin K: 53.17µg (50.64%), Magnesium: 200.81mg (50.2%), Vitamin B1: 0.75mg (49.98%), Iron: 7.41mg (41.17%), Calcium: 391.7mg (39.17%), Fiber: 9.2g (36.8%), Zinc: 5.42mg (36.11%), Vitamin B12: 1.78µg (29.65%), Vitamin C: 22.02mg (26.69%), Copper: 0.53mg (26.4%), Folate: 94.2µg (23.55%), Vitamin E: 3.32mg (22.16%), Vitamin D: 0.66µg (4.43%)