



Grilled Chicken-and-Pesto Clubs

READY IN



45 min.

SERVINGS



4

CALORIES



553 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 4 skinned and boned chicken breast halves
- 8 bacon cooked cut in half
- 3 ounce goat cheese crumbled
- 2 cups salad greens mixed
- 0.5 teaspoon pepper
- 4 servings pesto homemade
- 4 plum tomatoes sliced
- 5.2 ounce roasted bell peppers red drained thinly sliced
- 0.5 teaspoon salt

12 large bread whole wheat lightly toasted

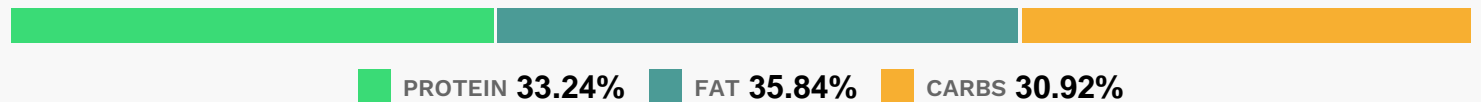
Equipment

grill

Directions

- Sprinkle chicken evenly with salt and pepper.
- Grill, covered with grill lid, over medium-high heat (350 to 400 degrees Fahrenheit) for 10-15 minutes on each side or until chicken is done.
- Let stand 10 minutes; cut into 1/4-inch-thick slices.
- Spread Homemade Pesto evenly on 1 side of each bread slice.
- Layer 4 bread slices, pesto side up, with chicken, goat cheese, and roasted bell pepper slices. Top with 4 bread slices, pesto side up; layer with tomato, bacon, and greens. Top with remaining 4 bread slices, pesto side down.
- Cut into quarters, and secure with wooden picks.
- *3/4 cup prepared pesto may be substituted for homemade.

Nutrition Facts



Properties

Glycemic Index:34.92, Glycemic Load:22.38, Inflammation Score:-9, Nutrition Score:33.739999874778%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 552.86kcal (27.64%), Fat: 21.81g (33.56%), Saturated Fat: 7.27g (45.46%), Carbohydrates: 42.33g (14.11%), Net Carbohydrates: 35.8g (13.02%), Sugar: 6.01g (6.67%), Cholesterol: 99.14mg (33.05%), Sodium: 1799.95mg (78.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.52g (91.04%), Manganese: 2.03mg (101.34%), Selenium: 66.74µg (95.35%), Vitamin B3: 17.96mg (89.81%), Vitamin B6: 1.3mg (64.92%), Phosphorus: 562.34mg (56.23%), Vitamin C: 31.63mg (38.34%), Vitamin B1: 0.54mg (36.24%), Vitamin A: 1501.05IU (30.02%), Magnesium:

115.93mg (28.98%), Potassium: 952mg (27.2%), Fiber: 6.53g (26.12%), Vitamin B5: 2.61mg (26.06%), Copper: 0.49mg (24.54%), Vitamin B2: 0.4mg (23.74%), Calcium: 223.44mg (22.34%), Iron: 3.83mg (21.26%), Zinc: 3.04mg (20.24%), Folate: 64.99µg (16.25%), Vitamin K: 12.47µg (11.87%), Vitamin E: 1.11mg (7.41%), Vitamin B12: 0.44µg (7.35%), Vitamin D: 0.26µg (1.75%)