



 **69%**
HEALTH SCORE

Grilled Chicken and Roasted Red Pepper Sandwiches with Fontina Cheese

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.3 teaspoon pepper red crushed
- 1 tablespoon dijon mustard
- 0.3 teaspoon marjoram dried
- 0.3 teaspoon thyme leaves dried
- 2 teaspoons olive oil extravirgin
- 0.8 teaspoon fennel seeds crushed

- 12 ounce rosemary focaccia cut in half horizontally
- 3 ounces fontina thinly sliced
- 5 garlic cloves divided minced
- 1 tablespoon juice of lemon fresh
- 4 teaspoons mayonnaise low-fat
- 1 cup onion vertically sliced
- 1 tablespoon red wine vinegar
- 7 ounce roasted bell peppers red drained sliced
- 0.3 teaspoon salt
- 1 pound chicken breast halves boneless skinless
- 1 teaspoon sugar

Equipment

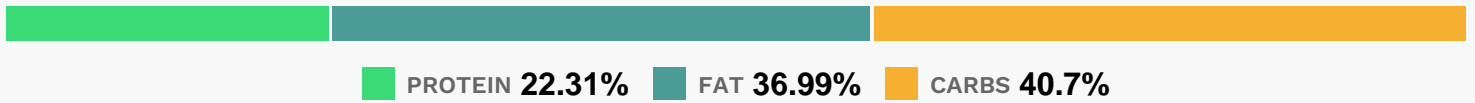
- frying pan
- plastic wrap
- grill
- ziploc bags
- rolling pin
- meat tenderizer

Directions

- Place chicken between 2 sheets of heavy-duty plastic wrap, and pound to 3/4-inch thickness using a meat mallet or rolling pin.
- Combine juice, mustard, oil, marjoram, thyme, 1 garlic clove, and chicken in a large zip-top plastic bag; seal. Marinate in refrigerator 2 hours, turning occasionally.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add remaining 4 garlic cloves, onion, sugar, fennel, crushed red pepper, and salt, and saut 1 minute.
- Add roasted bell peppers; cook 5 minutes or until onions are tender, stirring frequently. Stir in vinegar and black pepper.

- Prepare grill to medium-high heat.
- Remove chicken from bag; discard marinade.
- Place chicken on grill rack coated with cooking spray; grill 5 minutes on each side or until done. Cool slightly; cut chicken into slices.
- Spread cut sides of bread evenly with mayonnaise. Arrange cheese on bottom half of bread. Arrange chicken and pepper mixture over cheese. Top with top half of bread; press lightly.
- Place stuffed loaf on grill rack; grill 3 minutes on each side or until cheese melts.
- Cut into quarters.

Nutrition Facts



Properties

Glycemic Index:72.02, Glycemic Load:14.76, Inflammation Score:-10, Nutrition Score:50.766521738923%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg, Quercetin: 8.2mg

Nutrients (% of daily need)

Calories: 560.88kcal (28.04%), Fat: 25.81g (39.71%), Saturated Fat: 11.47g (71.68%), Carbohydrates: 63.9g (21.3%), Net Carbohydrates: 25.91g (9.42%), Sugar: 3.36g (3.74%), Cholesterol: 97.88mg (32.63%), Sodium: 1248.08mg (54.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.02g (70.04%), Fiber: 37.99g (151.97%), Iron: 26.17mg (145.38%), Vitamin B6: 2.54mg (126.95%), Calcium: 1257.21mg (125.72%), Vitamin C: 82.21mg (99.65%), Manganese: 1.86mg (92.99%), Folate: 283.97µg (70.99%), Vitamin B3: 13.12mg (65.61%), Selenium: 45.58µg (65.12%), Vitamin A: 3194.06IU (63.88%), Magnesium: 234.12mg (58.53%), Phosphorus: 406.19mg (40.62%), Potassium: 1413.75mg (40.39%), Vitamin B1: 0.56mg (37.54%), Vitamin B2: 0.56mg (32.75%), Copper: 0.61mg (30.32%), Zinc: 4.4mg (29.36%), Vitamin B5: 1.82mg (18.18%), Vitamin B12: 0.58µg (9.73%), Vitamin K: 5.76µg (5.48%), Vitamin E: 0.73mg (4.88%), Vitamin D: 0.24µg (1.61%)