



Grilled Chicken and Tapenade Sandwiches

READY IN



39 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 5 teaspoons olive oil extravirgin divided
- ☐ 1 ounce feta cheese crumbled
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 0.5 teaspoon garlic minced
- ☐ 2 tablespoons kalamata olives pitted finely chopped
- ☐ 0.5 teaspoon kosher salt divided

- ☐ 1 teaspoon oregano fresh chopped
- ☐ 8 ounce ciabatta sandwich rolls halved
- ☐ 1 pound chicken breast boneless skinless
- ☐ 1.5 cups tomatoes diced seeded

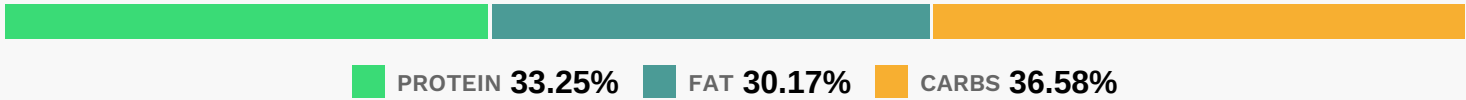
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine first 7 ingredients in a small bowl.
- ☐ Add 2 teaspoons oil; toss gently to combine.
- ☐ Let stand 15 minutes.
- ☐ Prepare grill.
- ☐ Brush chicken evenly with remaining 1 tablespoon oil, and sprinkle with 1/4 teaspoon salt and pepper.
- ☐ Place chicken on a grill rack coated with cooking spray; grill 6 minutes on each side or until chicken is done.
- ☐ Remove from grill.
- ☐ Let stand 5 minutes before slicing thinly.
- ☐ Add cheese and remaining 1/4 teaspoon salt to tomato mixture; stir gently to combine. Arrange sliced chicken evenly on bottom halves of rolls. Top each serving with one-fourth of tomato mixture, and cover with top halves of rolls.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:1.41, Inflammation Score:-8, Nutrition Score:22.135217125001%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 384.27kcal (19.21%), Fat: 12.67g (19.48%), Saturated Fat: 2.73g (17.06%), Carbohydrates: 34.55g (11.52%), Net Carbohydrates: 32.12g (11.68%), Sugar: 3.73g (4.14%), Cholesterol: 78.88mg (26.29%), Sodium: 879.42mg (38.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.41g (62.81%), Selenium: 59.65µg (85.21%), Vitamin B3: 14.69mg (73.45%), Vitamin B6: 0.96mg (47.87%), Phosphorus: 336.38mg (33.64%), Vitamin K: 30.17µg (28.74%), Vitamin B1: 0.38mg (25.26%), Vitamin B2: 0.38mg (22.32%), Manganese: 0.43mg (21.26%), Vitamin B5: 1.98mg (19.83%), Potassium: 646.52mg (18.47%), Folate: 72.27µg (18.07%), Iron: 2.88mg (15.98%), Magnesium: 56.38mg (14.1%), Vitamin A: 665.61IU (13.31%), Vitamin C: 10.56mg (12.81%), Calcium: 116.57mg (11.66%), Vitamin E: 1.75mg (11.64%), Zinc: 1.53mg (10.23%), Fiber: 2.43g (9.72%), Copper: 0.18mg (8.82%), Vitamin B12: 0.35µg (5.78%)