



Grilled Chicken and Zucchini Sandwich

READY IN



45 min.

SERVINGS



4

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon bottled garlic minced
- ☐ 1.5 teaspoons olive oil extravirgin
- ☐ 8 ounce flour plain cut in half horizontally
- ☐ 8 ounces grilled chicken boneless skinless thinly sliced
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 tablespoons mayonnaise low-fat
- ☐ 2 ounces provolone cheese thinly sliced
- ☐ 0.3 cup roasted peppers red sliced

☐ 12 ounces zucchini thinly sliced lengthwise

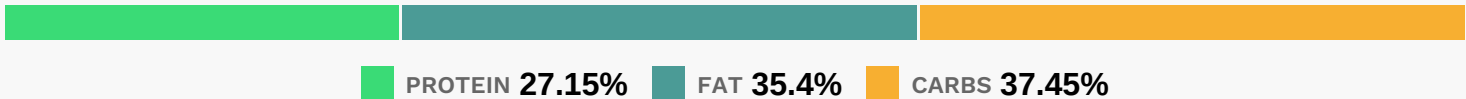
Equipment

- ☐ baking paper
- ☐ grill
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ Combine first 4 ingredients; set aside.
- ☐ Preheat grill or grill pan over medium-high heat.
- ☐ Brush olive oil evenly over both sides of zucchini slices.
- ☐ Place half of zucchini on grill rack or grill pan; grill 2 minutes on each side or until lightly browned.
- ☐ Remove from grill or grill pan. Repeat procedure with remaining zucchini.
- ☐ Layer bottom half of focaccia with cheese, zucchini, mayonnaise mixture, Grilled Lemon-Herb Chicken, bell peppers, and top half of focaccia.
- ☐ Cut into four wedges. Wrap in foil or parchment paper; chill.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:11.81, Inflammation Score:-4, Nutrition Score:10.608260868684%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 350.62kcal (17.53%), Fat: 13.87g (21.34%), Saturated Fat: 3.98g (24.85%), Carbohydrates: 33.01g (11%), Net Carbohydrates: 31.03g (11.29%), Sugar: 3.48g (3.87%), Cholesterol: 53.42mg (17.81%), Sodium: 658.45mg (28.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.94g (47.87%), Vitamin B3: 4.93mg (24.63%), Vitamin C: 19.87mg (24.09%), Selenium: 16.43µg (23.47%), Phosphorus: 214.96mg (21.5%), Vitamin B6: 0.4mg (20.09%), Calcium: 132.51mg (13.25%), Vitamin B2: 0.21mg (12.47%), Potassium: 389.71mg (11.13%), Zinc: 1.62mg (10.78%), Manganese: 0.19mg (9.47%), Vitamin K: 8.74µg (8.32%), Magnesium: 32.55mg (8.14%), Vitamin B5: 0.8mg (8.04%), Fiber: 1.97g (7.9%), Vitamin A: 368.93IU (7.38%), Folate: 26.61µg (6.65%), Iron: 1.17mg (6.53%), Vitamin B12: 0.37µg (6.19%), Vitamin B1: 0.08mg (5.32%), Copper: 0.1mg (4.79%), Vitamin E: 0.51mg (3.38%)