



Grilled Chicken BLT Sandwiches



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon
- ☐ 2 chicken breast boneless skinless
- ☐ 0.5 teaspoon seasoning dried italian
- ☐ 4 slices vienna bread toasted
- ☐ 2 tablespoons mayonnaise
- ☐ 2 romaine leaves
- ☐ 1 small tomatoes sliced

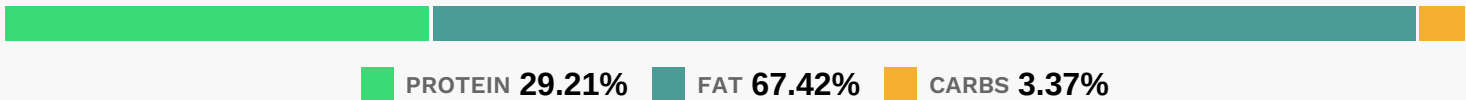
Equipment

- ☐ paper towels
- ☐ plastic wrap
- ☐ grill
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Heat closed contact grill 5 minutes. When grill is heated, place bacon on bottom grill surface. Close grill; cook 4 to 6 minutes, turning once, until crisp.
- ☐ Drain on paper towels.
- ☐ Meanwhile, place 1 chicken breast, boned side up, between 2 sheets of plastic wrap or waxed paper. With flat side of meat mallet or rolling pin and working from center, gently pound chicken until 1/4 inch thick; remove wrap. Repeat with remaining chicken breast.
- ☐ Sprinkle chicken with Italian seasoning.
- ☐ Place chicken on bottom grill surface. Close grill; cook 4 to 6 minutes or until fork-tender and juices run clear.
- ☐ Spread toasted bread slices with mayonnaise.
- ☐ Layer lettuce, tomato, chicken and bacon between toast slices.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:0.51, Inflammation Score:-9, Nutrition Score:19.254347884137%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 425.21kcal (21.26%), Fat: 31.36g (48.25%), Saturated Fat: 8.29g (51.82%), Carbohydrates: 3.53g (1.18%), Net Carbohydrates: 2.53g (0.92%), Sugar: 1.54g (1.71%), Cholesterol: 108.98mg (36.33%), Sodium: 537.96mg (23.39%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.57g (61.15%), Vitamin B3: 13.98mg (69.89%), Selenium: 45.83µg (65.47%), Vitamin B6: 1.03mg (51.63%), Vitamin A: 2223.76IU (44.48%), Phosphorus: 323.2mg (32.32%), Vitamin K: 29.78µg (28.36%), Vitamin B5: 1.93mg (19.31%), Potassium: 670.73mg (19.16%), Vitamin B1: 0.24mg (15.91%), Vitamin C: 11.92mg (14.45%), Magnesium: 44.42mg (11.1%), Vitamin B2: 0.19mg (11.1%), Zinc: 1.37mg (9.11%), Manganese: 0.17mg (8.58%), Vitamin E: 1.28mg (8.51%), Vitamin B12: 0.48µg (8.05%), Iron: 1.17mg (6.49%), Folate: 22.43µg (5.61%), Copper: 0.08mg (4.11%), Fiber: 1g (3.99%), Calcium: 30.34mg (3.03%), Vitamin D: 0.33µg (2.19%)