



Grilled Chicken, Chutney and Brie Sandwiches

READY IN



20 min.

SERVINGS



4

CALORIES



615 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon curry powder
- 0.5 teaspoon salt
- 4 teaspoons vegetable oil
- 4 chicken breast boneless skinless
- 1 inch onion red
- 0.3 cup mango chutney
- 0.3 cup mayonnaise
- 1 Dash ground pepper red (cayenne)
- 4 portugese rolls split

- 1.3 cups spring mix of spinach mixed (from 5-oz bag)
- 4 oz round of président brie cut into 16 pieces

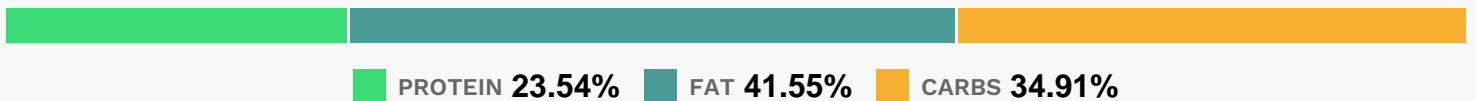
Equipment

- bowl
- grill

Directions

- Heat gas or charcoal grill. In small bowl, mix curry powder, salt and oil. Rub mixture over chicken breasts.
- Place chicken and onion slices on grill over medium heat. Cover grill; cook 12 to 16 minutes or until juice of chicken is clear when center of thickest part is cut (170°F), and onion slices are tender, turning once.
- Meanwhile, in small bowl, mix chutney, mayonnaise and ground red pepper; blend well.
- Spread chutney-mayonnaise mixture on cut sides of rolls.
- Place 1/3 cup mixed greens on bottom half of each roll. Top each with chicken, onion slice and 4 pieces of cheese. Cover with top halves of rolls.

Nutrition Facts



Properties

Glycemic Index:67.25, Glycemic Load:33.62, Inflammation Score:-4, Nutrition Score:18.995652349099%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 614.59kcal (30.73%), Fat: 28.06g (43.16%), Saturated Fat: 7.91g (49.46%), Carbohydrates: 53.04g (17.68%), Net Carbohydrates: 51.48g (18.72%), Sugar: 18.32g (20.36%), Cholesterol: 106.55mg (35.52%), Sodium: 994.33mg (43.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.76g (71.52%), Iron: 11.62mg (64.54%), Vitamin B3: 12mg (59.99%), Selenium: 41.3µg (59.01%), Vitamin B6: 0.94mg (46.88%), Vitamin K: 32.5µg (30.95%), Phosphorus: 306.12mg (30.61%), Vitamin B5: 1.85mg (18.52%), Vitamin B2: 0.29mg (17.24%), Potassium: 517.95mg

(14.8%), Vitamin B12: 0.71µg (11.84%), Magnesium: 39.17mg (9.79%), Zinc: 1.42mg (9.46%), Vitamin C: 7.07mg (8.56%), Vitamin E: 1.26mg (8.41%), Folate: 32.61µg (8.15%), Calcium: 75.48mg (7.55%), Vitamin A: 377.64IU (7.55%), Vitamin B1: 0.1mg (6.92%), Fiber: 1.56g (6.24%), Manganese: 0.08mg (4.1%), Copper: 0.08mg (3.91%), Vitamin D: 0.28µg (1.88%)