



Grilled Chicken Club Sandwiches

 Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 lb chicken breast boneless skinless
- 4 slices canadian bacon thin
- 2 portugese rolls
- 3 tablespoons mayonnaise reduced-fat
- 4 leaves lettuce
- 2 slices tomatoes

Equipment

- plastic wrap

- toothpicks
- grill
- rolling pin
- meat tenderizer

Directions

- Heat gas or charcoal grill. To flatten each chicken breast, place between 2 sheets of plastic wrap or waxed paper. Working from center, gently pound chicken with flat side of meat mallet or rolling pin until about 1/4 inch thick; remove wrap.
- When grill is heated, carefully oil grill rack.
- Place chicken on gas grill over medium heat or on charcoal grill over medium coals; cover grill. Cook 6 to 8 minutes, turning once, until chicken is no longer pink in center. During last 5 minutes of cooking time, heat bacon on grill, turning once, until hot. If desired, during last 3 minutes of cooking time, toast kaiser roll pieces, cut side down, on grill.
- Spread cut sides of roll pieces with mayonnaise.
- Cut each chicken breast into 2 pieces. For each sandwich, on bottom section of roll, place 2 chicken pieces, overlapping if necessary. Top with lettuce leaf, tomato slice and middle section of roll.
- Place 2 Canadian bacon slices on top of middle roll section. Top with lettuce leaf and top section of roll. Press each sandwich slightly; spear each with 2 long toothpicks.
- Cut sandwiches in half between toothpicks.

Nutrition Facts



Properties

Glycemic Index:71.5, Glycemic Load:23.33, Inflammation Score:-4, Nutrition Score:21.619999989219%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 449.08kcal (22.45%), Fat: 13.85g (21.31%), Saturated Fat: 2.64g (16.52%), Carbohydrates: 36.94g (12.31%), Net Carbohydrates: 35.36g (12.86%), Sugar: 6.1g (6.78%), Cholesterol: 104.43mg (34.81%), Sodium: 1115.96mg (48.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.69g (83.39%), Vitamin B3: 15.56mg (77.81%), Selenium: 51.1µg (73%), Iron: 11.63mg (64.58%), Vitamin B6: 1.1mg (55.02%), Phosphorus: 389.48mg (38.95%), Vitamin B1: 0.52mg (34.59%), Potassium: 708.71mg (20.25%), Vitamin B5: 1.96mg (19.63%), Vitamin K: 17.49µg (16.66%), Vitamin B2: 0.22mg (12.97%), Vitamin D: 1.71µg (11.4%), Magnesium: 43.68mg (10.92%), Zinc: 1.53mg (10.23%), Vitamin B12: 0.61µg (10.14%), Vitamin A: 353.95IU (7.08%), Vitamin C: 5.51mg (6.68%), Vitamin E: 0.97mg (6.46%), Fiber: 1.58g (6.32%), Manganese: 0.08mg (4.12%), Folate: 16.35µg (4.09%), Copper: 0.08mg (4.01%), Calcium: 23.46mg (2.35%)