



Grilled Chicken Focaccia

READY IN



10 min.

SERVINGS



10

CALORIES



29 kcal

Ingredients

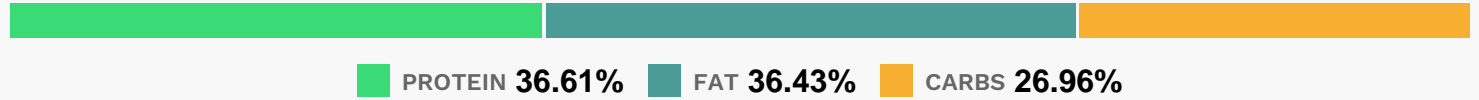
- 1 piece focaccia bread split ()
- 2 oz oscar mayer carving board flame grilled chicken breast strips ()
- 1 Tbsp mayo with olive oil reduced fat mayonnaise kraft
- 0.3 cup baby greens mixed
- 1 provolone cheese kraft
- 2 slices onion red
- 0.3 cup roasted pepper strips yellow

Equipment

Directions

- Spread cut sides of bread with mayo.
- Fill with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:11.27, Glycemic Load:0.78, Inflammation Score:-1, Nutrition Score:1.4882608564652%

Flavonoids

Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 28.94kcal (1.45%), Fat: 1.16g (1.78%), Saturated Fat: 0.45g (2.83%), Carbohydrates: 1.93g (0.64%), Net Carbohydrates: 1.73g (0.63%), Sugar: 0.34g (0.38%), Cholesterol: 6.35mg (2.12%), Sodium: 91.12mg (3.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.24%), Vitamin B3: 0.97mg (4.83%), Selenium: 2.71µg (3.87%), Phosphorus: 28.08mg (2.81%), Vitamin C: 2.07mg (2.51%), Vitamin B6: 0.05mg (2.45%), Manganese: 0.05mg (2.27%), Calcium: 21.01mg (2.1%), Vitamin B2: 0.02mg (1.29%), Vitamin B1: 0.02mg (1.23%), Iron: 0.21mg (1.18%), Folate: 4.31µg (1.08%), Zinc: 0.16mg (1.08%), Magnesium: 4.13mg (1.03%)