



Grilled Chicken Mojito Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound chicken breast tenders
- ☐ 2 tablespoons rum dark
- ☐ 1 tablespoon mint leaves fresh minced
- ☐ 3 tablespoons mint leaves fresh minced
- ☐ 1 garlic clove crushed
- ☐ 1 teaspoon ground cumin
- ☐ 4 leaf lettuce leaves red

- ☐ 1 tablespoon juice of lime fresh
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.3 teaspoon lime rind finely grated
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon serrano chile (with seeds) minced
- ☐ 8 ounce rolls french halved
- ☐ 1 teaspoon sugar
- ☐ 8 slices tomatoes (1/4-inch-thick)
- ☐ 1 inch vidalia sweet

Equipment

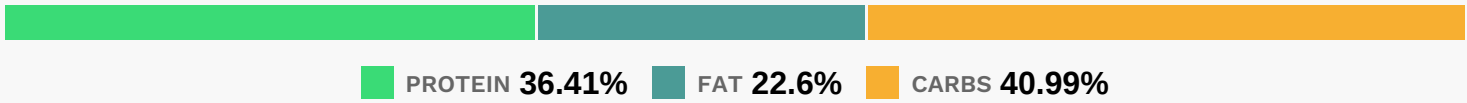
- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ To prepare dressing, combine first 6 ingredients in a small bowl, stirring with a whisk. Cover and chill.
- ☐ To prepare sandwich, combine 1 tablespoon mint and next 4 ingredients (through garlic) in a large zip-top plastic bag.
- ☐ Add chicken breast tenders; seal and marinate in refrigerator for 15 minutes, turning occasionally.
- ☐ Prepare grill.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Place chicken and onion on grill rack coated with cooking spray. Grill 4 minutes on each side or until chicken is done and onion is tender.
- ☐ Remove from grill; sprinkle chicken with salt and pepper.
- ☐ Grill roll halves, cut side down, until lightly toasted, about 1 minute.

Spread about 1 tablespoon dressing over the bottom halves of the rolls. Top each serving with 3 ounces chicken breast tenders, 1 onion slice, 2 tomato slices, and 1 lettuce leaf; cover with top halves of rolls.

Nutrition Facts



Properties

Glycemic Index:73.77, Glycemic Load:19.68, Inflammation Score:-6, Nutrition Score:17.299130377562%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Eriodictyol: 1.87mg, Eriodictyol: 1.87mg, Eriodictyol: 1.87mg, Eriodictyol: 1.87mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 342.92kcal (17.15%), Fat: 8.1g (12.45%), Saturated Fat: 1.17g (7.28%), Carbohydrates: 33.03g (11.01%), Net Carbohydrates: 30.94g (11.25%), Sugar: 6.71g (7.45%), Cholesterol: 74.81mg (24.94%), Sodium: 632.25mg (27.49%), Alcohol: 2.51g (100%), Alcohol %: 1.17% (100%), Protein: 29.34g (58.68%), Vitamin B3: 12.3mg (61.49%), Iron: 9.74mg (54.1%), Selenium: 36.83µg (52.62%), Vitamin B6: 0.92mg (46.06%), Phosphorus: 263.76mg (26.38%), Vitamin C: 15.45mg (18.73%), Potassium: 615.98mg (17.6%), Vitamin B5: 1.72mg (17.17%), Vitamin A: 800.31IU (16.01%), Vitamin K: 13.81µg (13.15%), Magnesium: 43.43mg (10.86%), Manganese: 0.19mg (9.57%), Vitamin B2: 0.14mg (8.45%), Fiber: 2.1g (8.38%), Vitamin B1: 0.11mg (7.2%), Vitamin E: 0.87mg (5.8%), Zinc: 0.87mg (5.79%), Folate: 21.12µg (5.28%), Copper: 0.1mg (4.85%), Calcium: 38.48mg (3.85%), Vitamin B12: 0.23µg (3.78%)