



Grilled Chicken 'N' Cheese Sandwiches

READY IN



20 min.

SERVINGS



14

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter softened
- 0.3 cup celery diced
- 2 cups meat from a rotisserie chicken cooked chopped
- 0.3 cup golden raisins
- 0.5 cup mayonnaise
- 0.8 ounce monterrey jack cheese
- 0.3 cup slivered almonds toasted
- 12 slices bread whole wheat

Equipment

frying pan

Directions

Stir together first 5 ingredients.

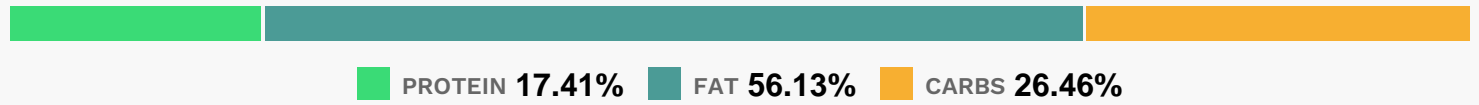
Place 1 cheese slice on each of 6 bread slices; spread evenly with chicken mixture, and top with remaining cheese and bread slices.

Spread half of butter evenly on 1 side of each sandwich.

Cook sandwiches, buttered side down, in a nonstick skillet or griddle over medium heat about 3 minutes or until lightly browned.

Spread remaining butter evenly on ungrilled sides; turn and cook 3 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:17.53, Glycemic Load:7.73, Inflammation Score:-3, Nutrition Score:7.3043477535248%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 205.42kcal (10.27%), Fat: 12.87g (19.79%), Saturated Fat: 2.52g (15.75%), Carbohydrates: 13.65g (4.55%), Net Carbohydrates: 11.8g (4.29%), Sugar: 3.26g (3.63%), Cholesterol: 19.71mg (6.57%), Sodium: 223.01mg (9.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.98g (17.96%), Manganese: 0.57mg (28.65%), Selenium: 11.63µg (16.61%), Vitamin K: 15.6µg (14.86%), Vitamin B3: 2.76mg (13.78%), Phosphorus: 112.32mg (11.23%), Vitamin B6:

0.15mg (7.56%), Vitamin B1: 0.11mg (7.49%), Magnesium: 29.91mg (7.48%), Fiber: 1.85g (7.39%), Vitamin E: 1.02mg (6.83%), Vitamin B2: 0.11mg (6.34%), Calcium: 62.44mg (6.24%), Zinc: 0.86mg (5.72%), Iron: 1.02mg (5.67%), Copper: 0.1mg (5.03%), Potassium: 154.91mg (4.43%), Vitamin B5: 0.4mg (3.98%), Vitamin A: 178.91IU (3.58%), Folate: 13.4µg (3.35%), Vitamin B12: 0.08µg (1.4%)