



Grilled Chicken Pan Bagnat

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons anchovy paste
- ☐ 4 tablespoons capers drained
- ☐ 2 garlic clove pressed
- ☐ 1 tablespoon herbs de provence dried
- ☐ 6 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 1 small onion red thinly sliced
- ☐ 4 large the of 1 cos lettuce

- ☐ 6 chicken breast halves boneless skinless
- ☐ 32 ounce sourdough bread
- ☐ 2 large tomatoes thinly sliced

Equipment

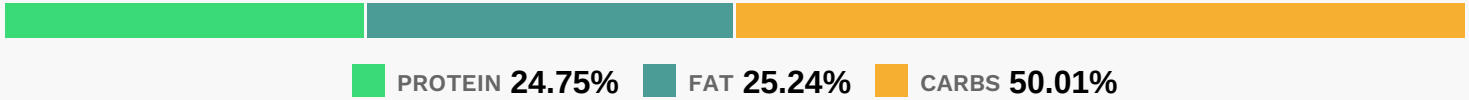
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ meat tenderizer

Directions

- ☐ Using meat mallet, pound chicken breasts between sheets of plastic wrap to 3/4-inch thickness.
- ☐ Combine 1/3 cup oil, 2 tablespoons lemon juice, herbes de Provence, and half of garlic in large resealable plastic bag.
- ☐ Add chicken to bag; shake to coat with marinade. Chill at least 2 hours and up to 6 hours.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Remove chicken from marinade; shake off excess.
- ☐ Sprinkle chicken with salt and pepper. Grill chicken until cooked through, about 4 minutes per side. Cool.
- ☐ Cut chicken on diagonal into 1/2- to 3/4-inch-thick slices.
- ☐ Whisk anchovy paste, remaining 4 tablespoons lemon juice, and remaining garlic in small bowl. Gradually whisk in remaining 3/4 cup oil. Season dressing to taste with salt and pepper.
- ☐ Cut both bread loaves horizontally in half. Pull out and discard soft interior crumbs from top halves, leaving 1/2-inch-thick shell; drizzle 1/4 cup dressing over inside of each top.

- ☐
- Drizzle 1/4 cup dressing over inside of each bottom half; sprinkle 2 tablespoons capers in each. Divide chicken, tomatoes, onion, and lettuce between sandwiches. Cover with tops, pressing to compact. Wrap sandwiches in foil, then place heavy skillet or food cans on top to weigh down. Refrigerate at least 2 hours. (Can be made 1 day ahead. Keep refrigerated.
- ☐
- Let stand at room temperature 1 hour before serving.)
- ☐
- Cut each sandwich into quarters and serve cold or at room temperature.
- ☐
- * A dried herb mixture available at specialty foods stores and in the spice section of some supermarkets. A combination of dried thyme, basil, savory, and fennel seeds can be substituted.

Nutrition Facts



Properties

Glycemic Index:21.94, Glycemic Load:46.19, Inflammation Score:-9, Nutrition Score:28.269565271295%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 5.39mg, Kaempferol: 5.39mg, Kaempferol: 5.39mg, Kaempferol: 5.39mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 10.32mg, Quercetin: 10.32mg, Quercetin: 10.32mg, Quercetin: 10.32mg

Nutrients (% of daily need)

Calories: 509.73kcal (25.49%), Fat: 14.33g (22.05%), Saturated Fat: 2.41g (15.05%), Carbohydrates: 63.91g (21.3%), Net Carbohydrates: 59.98g (21.81%), Sugar: 7.5g (8.33%), Cholesterol: 55.51mg (18.51%), Sodium: 951.42mg (41.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.62g (63.25%), Selenium: 60.89µg (86.98%), Vitamin B3: 15mg (75%), Vitamin B1: 0.9mg (60.08%), Folate: 176.1µg (44.03%), Vitamin B6: 0.84mg (42.03%), Manganese: 0.76mg (37.8%), Vitamin B2: 0.61mg (35.66%), Vitamin A: 1649.98IU (33%), Iron: 5.86mg (32.56%), Vitamin K: 34.13µg (32.51%), Phosphorus: 323.38mg (32.34%), Potassium: 637.26mg (18.21%), Magnesium: 70.98mg (17.74%), Vitamin B5: 1.7mg (16.98%), Vitamin C: 13.84mg (16.77%), Fiber: 3.93g (15.72%), Vitamin E: 2.1mg (14.01%), Copper: 0.26mg (13.13%), Zinc: 1.9mg (12.66%), Calcium: 92.19mg (9.22%), Vitamin B12: 0.18µg (3.04%)