



## Grilled Chicken Patty Melt

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



1480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 lb asparagus spears fresh
- 2 cloves garlic minced
- 4 singles kraft
- 0.3 cup mayo with olive oil reduced fat mayonnaise kraft
- 8 slices grain bread whole
- 0.5 cup olive oil
- 1 Tbsp oregano fresh chopped
- 1 lb chicken breasts boneless skinless

- 4 spring onion
- 1 slices baby squash yellow
- 1 slices zucchini

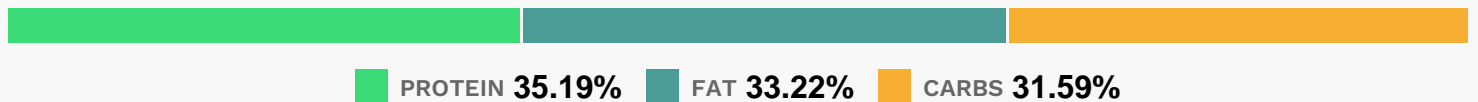
## Equipment

- grill

## Directions

- Place chicken in shallow dish.
- Mix herbs, garlic and oil until blended; pour over chicken. Turn chicken to evenly coat both sides of each breast. Refrigerate 30 min. to marinate.
- Heat grill to medium heat.
- Remove chicken from marinade; discard marinade. Grill chicken 5 min.; turn.
- Add vegetables; grill 5 min. or until chicken is done (165F) and vegetables are crisp-tender, turning vegetables occasionally.
- Fill bread slices with chicken, vegetables and Singles to make 4 sandwiches.
- Spread outsides of sandwiches with mayo. Grill 3 to 5 min. on each side or until golden brown on both sides.

## Nutrition Facts



## Properties

Glycemic Index:215.7, Glycemic Load:60.02, Inflammation Score:-10, Nutrition Score:65.6556521084%

## Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 2.24mg, Kaempferol: 2.24mg, Kaempferol: 2.24mg, Kaempferol: 2.24mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 21.15mg, Quercetin: 21.15mg, Quercetin: 21.15mg, Quercetin: 21.15mg

## Nutrients (% of daily need)

Calories: 1479.71kcal (73.99%), Fat: 54.29g (83.53%), Saturated Fat: 9.31g (58.18%), Carbohydrates: 116.18g (38.73%), Net Carbohydrates: 96.64g (35.14%), Sugar: 16.12g (17.91%), Cholesterol: 299.9mg (99.97%), Sodium: 2062.85mg (89.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 129.41g (258.82%), Selenium: 208.41µg (297.73%), Vitamin B3: 58.97mg (294.83%), Manganese: 5.5mg (274.76%), Vitamin K: 239.9µg (228.48%), Vitamin B6: 4.18mg (208.97%), Phosphorus: 1573.61mg (157.36%), Vitamin B1: 1.39mg (92.62%), Vitamin B5: 8.5mg (84.97%), Magnesium: 335.49mg (83.87%), Potassium: 2765.95mg (79.03%), Fiber: 19.54g (78.15%), Iron: 12.76mg (70.92%), Vitamin B2: 1.09mg (64.2%), Vitamin E: 8.9mg (59.3%), Calcium: 575.43mg (57.54%), Folate: 221.45µg (55.36%), Zinc: 7.78mg (51.85%), Copper: 0.95mg (47.67%), Vitamin A: 1729.88IU (34.6%), Vitamin C: 26.29mg (31.86%), Vitamin B12: 0.91µg (15.12%), Vitamin D: 0.45µg (3.02%)