



Grilled Chicken Sandwich on Pretzel Baguette with Citrus Mustard

READY IN



150 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 pieces bibb lettuce
- ☐ 0.8 cup grapefruit soda
- ☐ 1 tablespoon dijon mustard
- ☐ 1 teaspoon sea salt
- ☐ 6 slices havarti cheese
- ☐ 2 teaspoons lemon pepper
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup orange juice fresh

- ☐ 2 tablespoons orange marmalade
- ☐ 20 inch pretzel baguettes
- ☐ 2 tablespoons rice vinegar
- ☐ 4 chicken breasts boneless skinless ()
- ☐ 0.3 cup whole-grain dijon mustard

Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil
- ☐ chopsticks

Directions

- ☐ In a gallon size re-sealable bag, add the chicken, grapefruit soda, orange juice, rice vinegar, Dijon, olive oil, lemon pepper and granulated garlic.
- ☐ Place in the refrigerator and marinate for 2 hours.
- ☐ Preheat the grill to medium-high over direct heat.
- ☐ Remove the chicken from marinade and add to the grill. Cook for 8 to 10 minutes, flip over and cook until the internal temperature is 160 degrees F, an additional 5 to 6 minutes.
- ☐ Remove from the grill, cover lightly with foil and allow to cool.
- ☐ Split the baguettes in half, remove any excess bread from inside the top half and lightly toast on the grill.
- ☐ In a small bowl, combine the whole-grain Dijon and marmalade.
- ☐ Spread this mixture on the toasted bread halves.
- ☐ Slice the chicken breasts into 1/2-inch pieces on the diagonal and place on the bottom half of the bread. Top evenly with the cheese and lettuce. Top with the top half of the baguette and slice on a diagonal to serve.

Nutrition Facts



 PROTEIN **36.68%**  FAT **42.16%**  CARBS **21.16%**

Properties

Glycemic Index:71.5, Glycemic Load:9.15, Inflammation Score:-6, Nutrition Score:20.202608875606%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 401.86kcal (20.09%), Fat: 18.78g (28.89%), Saturated Fat: 8.51g (53.17%), Carbohydrates: 21.2g (7.07%), Net Carbohydrates: 19.5g (7.09%), Sugar: 7.9g (8.78%), Cholesterol: 109.28mg (36.43%), Sodium: 834.12mg (36.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.76g (73.51%), Selenium: 47.21µg (67.44%), Vitamin B3: 12.7mg (63.48%), Phosphorus: 505.55mg (50.55%), Vitamin B6: 0.93mg (46.58%), Calcium: 289.97mg (29%), Manganese: 0.39mg (19.37%), Vitamin B5: 1.91mg (19.07%), Vitamin B2: 0.32mg (18.67%), Zinc: 2.69mg (17.9%), Potassium: 565.16mg (16.15%), Folate: 61.23µg (15.31%), Magnesium: 58.54mg (14.64%), Vitamin B1: 0.2mg (13.55%), Vitamin B12: 0.81µg (13.43%), Vitamin C: 10.2mg (12.37%), Vitamin A: 473.02IU (9.46%), Iron: 1.6mg (8.91%), Vitamin E: 1.16mg (7.75%), Copper: 0.14mg (6.86%), Fiber: 1.7g (6.8%), Vitamin K: 6.17µg (5.87%), Vitamin D: 0.22µg (1.5%)