



Grilled Chicken Sandwiches with Arugula and Chutney

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups arugula trimmed
- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons mayonnaise light divided
- 6 tablespoons mango chutney divided
- 0.5 teaspoon salt
- 24 ounce chicken breast halves boneless skinless
- 4 ounce sourdough bread

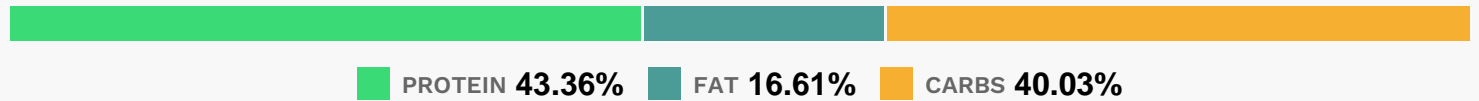
Equipment

grill

Directions

- Prepare grill.
- Sprinkle chicken with 1/2 teaspoon salt and 1/2 teaspoon black pepper. Coat both sides of each chicken breast half with 1 1/2 teaspoons mayonnaise.
- Place chicken on grill rack coated with cooking spray. Grill for 3 minutes on each side or until done.
- Brush 1 1/2 teaspoons chutney over each chicken breast half.
- Place bread slices on grill rack, and grill for 1 minute on each side or until golden.
- Spread 1 tablespoon chutney onto each of 4 bread slices, and top each serving with 1/2 cup arugula and 1 chicken breast half.

Nutrition Facts



Properties

Glycemic Index:49.88, Glycemic Load:22.63, Inflammation Score:-5, Nutrition Score:21.563043381857%

Flavonoids

Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 374.21kcal (18.71%), Fat: 6.74g (10.37%), Saturated Fat: 1.37g (8.57%), Carbohydrates: 36.55g (12.18%), Net Carbohydrates: 35.38g (12.86%), Sugar: 16.32g (18.13%), Cholesterol: 109.98mg (36.66%), Sodium: 728.9mg (31.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.59g (79.19%), Vitamin B3: 19.15mg (95.76%), Selenium: 63.36µg (90.52%), Vitamin B6: 1.32mg (65.93%), Phosphorus: 399.32mg (39.93%), Vitamin B5: 2.58mg (25.76%), Vitamin B1: 0.32mg (21.34%), Potassium: 728.08mg (20.8%), Vitamin B2: 0.32mg (19%), Magnesium: 59.77mg (14.94%), Vitamin K: 15.61µg (14.86%), Folate: 55µg (13.75%), Manganese: 0.25mg (12.56%), Iron: 2.07mg (11.49%), Zinc: 1.36mg (9.03%), Vitamin C: 6.18mg (7.49%), Copper: 0.13mg (6.57%), Vitamin A: 294.6IU (5.89%), Vitamin B12: 0.34µg (5.67%), Fiber: 1.18g (4.71%), Calcium: 46.95mg (4.7%), Vitamin E: 0.62mg (4.12%), Vitamin D:

0.17µg (1.13%)