



Grilled Chicken Sandwiches with Chipotle Mayonnaise

♥♥ Popular

READY IN



30 min.

SERVINGS



4

CALORIES



551 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 crusty rolls frozen french pillsbury®
- ☐ 8 leaves lettuce
- ☐ 0.3 cup mayonnaise
- ☐ 2 oz monterrey jack cheese
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 cup salsa thick old el paso®
- ☐ 4 chicken breast boneless skinless

☐ 2 tablespoons taco seasoning old el paso® (from 1 oz package)

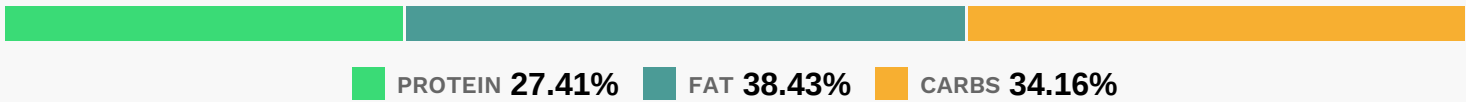
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat gas or charcoal grill.
- ☐ Mix Parmesan cheese and taco seasoning mix. Coat chicken with cheese mixture.
- ☐ Carefully oil grill rack.
- ☐ Place chicken on grill over medium heat. Cover grill; cook 10 to 12 minutes or until juice of chicken is clear when center of thickest part is cut, turning once or twice.
- ☐ Cut each chicken breast in half crosswise; top each with half slice of cheese to melt. To heat dinner rolls, place 4 rolls each in separate foil packets on grill during last 6 to 7 minutes of cook time until hot.
- ☐ Spread mayonnaise on bottom halves of rolls. Top each with lettuce leaf, cheese-topped chicken, salsa and top half of roll.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.16, Inflammation Score:-7, Nutrition Score:24.74173956332%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 550.73kcal (27.54%), Fat: 23.19g (35.68%), Saturated Fat: 6.79g (42.43%), Carbohydrates: 46.4g (15.47%), Net Carbohydrates: 42.93g (15.61%), Sugar: 1.59g (1.77%), Cholesterol: 96.25mg (32.08%), Sodium: 1117.09mg (48.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.22g (74.44%), Selenium: 64.88µg (92.69%), Vitamin B3: 15.75mg (78.73%), Vitamin B6: 0.93mg (46.63%), Phosphorus: 423.44mg (42.34%), Vitamin B1: 0.54mg

(35.97%), Vitamin K: 29.59µg (28.18%), Folate: 110.62µg (27.65%), Manganese: 0.54mg (27.2%), Vitamin B2: 0.46mg (27.04%), Calcium: 253.45mg (25.35%), Vitamin B5: 2.12mg (21.21%), Iron: 3.13mg (17.37%), Potassium: 606.41mg (17.33%), Zinc: 2.2mg (14.69%), Magnesium: 56.29mg (14.07%), Fiber: 3.47g (13.89%), Vitamin A: 481.65IU (9.63%), Copper: 0.17mg (8.54%), Vitamin E: 1.23mg (8.18%), Vitamin B12: 0.44µg (7.41%), Vitamin C: 2.68mg (3.24%), Vitamin D: 0.26µg (1.72%)