



## Grilled Chicken Sandwiches with Pickled Squash and Romesco Mayonnaise

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups arugula
- 0.3 teaspoon pepper black freshly ground
- 1 ounce blanched almonds and toasted
- 16 ounce chicken breast cutlets boneless skinless
- 0.3 cup cider vinegar
- 8 ounce focaccia rolls toasted halved
- 0.1 teaspoon ground pepper red

- 0.3 cup canola mayonnaise
- 3 ounces bottled roasted bell peppers red rinsed drained
- 1.3 teaspoons salt divided
- 0.5 teaspoon paprika smoked
- 1 teaspoon sugar
- 1 thyme sprig
- 0.3 cup water
- 5 ounce summer squash yellow very thinly sliced

## Equipment

- food processor
- bowl
- frying pan
- sauce pan
- grill pan

## Directions

- Combine vinegar, 1/4 cup water, 1 teaspoon salt, sugar, and thyme in a saucepan. Bring to a boil, stirring until salt and sugar dissolve.
- Pour hot mixture over squash in a bowl.
- Let stand for 30 minutes, tossing occasionally.
- Drain.
- Combine mayonnaise and next 4 ingredients (through almonds) in a mini food processor; process until smooth. Set sauce aside.
- Heat a grill pan over medium-high heat.
- Sprinkle chicken evenly with remaining 1/4 teaspoon salt and black pepper. Coat pan with cooking spray.
- Add chicken to pan; cook 4 minutes on each side or until done.
- Spread about 2 tablespoons sauce on bottom half of each roll. Top each with one chicken cutlet, about 1/3 cup squash, 1/2 cup arugula, and top half of roll.

# Nutrition Facts

PROTEIN 28.36% FAT 41.08% CARBS 30.56%

## Properties

Glycemic Index:97.27, Glycemic Load:12.57, Inflammation Score:-7, Nutrition Score:18.456521653611%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg 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

## Nutrients (% of daily need)

Calories: 446.07kcal (22.3%), Fat: 20.36g (31.33%), Saturated Fat: 2.61g (16.28%), Carbohydrates: 34.07g (11.36%), Net Carbohydrates: 31.4g (11.42%), Sugar: 3.48g (3.86%), Cholesterol: 78.45mg (26.15%), Sodium: 1573.01mg (68.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.62g (63.25%), Vitamin B3: 12.43mg (62.16%), Selenium: 37.05µg (52.93%), Vitamin B6: 0.99mg (49.46%), Vitamin K: 35.47µg (33.78%), Phosphorus: 300.71mg (30.07%), Vitamin C: 19.22mg (23.3%), Potassium: 651.08mg (18.6%), Vitamin B5: 1.78mg (17.78%), Manganese: 0.34mg (17.04%), Vitamin E: 2.54mg (16.91%), Magnesium: 63.75mg (15.94%), Vitamin B2: 0.24mg (13.94%), Vitamin A: 624.06IU (12.48%), Fiber: 2.67g (10.68%), Copper: 0.17mg (8.43%), Folate: 32.41µg (8.1%), Vitamin B1: 0.12mg (7.7%), Zinc: 1.11mg (7.37%), Iron: 1.27mg (7.06%), Calcium: 57.73mg (5.77%), Vitamin B12: 0.24µg (4.06%)