



Grilled Chicken Sandwiches with Sage Pesto and Apples

READY IN



45 min.

SERVINGS



6

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 medium apples cored halved thinly sliced
- ☐ 1 garlic clove
- ☐ 6 servings mayonnaise
- ☐ 0.8 cup olive oil
- ☐ 6 tablespoons parmesan cheese freshly grated
- ☐ 0.3 cup parsley fresh italian packed ()
- ☐ 4 ounces pinenuts
- ☐ 0.8 cup sage fresh packed (from 2 large bunches)

- ☐ 6 chicken breast halves boneless skinless
- ☐ 30 inch portugese rolls split french

Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ grill
- ☐ rolling pin
- ☐ meat tenderizer

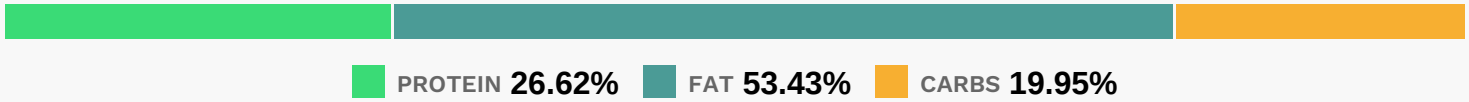
Directions

- ☐ Using on/off turns, blend sage leaves, pine nuts, parsley, and garlic in processor until mixture is finely chopped. With machine running, add 3/4 cup oil and blend until thick paste forms.
- ☐ Mix in cheese.
- ☐ Transfer to small bowl; season with salt and pepper. (Can be made 1 day ahead. Press plastic wrap onto surface of pesto and refrigerate. Bring to room temperature before using.)
- ☐ Place each chicken breast between sheets of waxed paper. Using rolling pin or meat mallet, pound each to 1/2-inch thickness.
- ☐ Brush chicken with 3 tablespoons oil; sprinkle with salt and pepper.
- ☐ Let chicken stand 30 minutes.
- ☐ Prepare barbecue (medium heat). Grill chicken until firm to touch and cooked through, about 5 minutes per side.
- ☐ Transfer chicken to platter. Grill focaccia until just beginning to brown, about 1 minute per side.
- ☐ Arrange bottom halves of focaccia on work surface.
- ☐ Spread each with mayonnaise. Top each with overlapping layer of sliced apple, then 1 chicken breast.
- ☐ Drizzle each chicken breast with pesto.
- ☐ Spread pesto on cut side of bread tops.
- ☐ Place tops on chicken, pesto side down.

- ☐
- Cut sandwiches in half on diagonal.

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Nutrition Facts



Properties

Glycemic Index:36.17, Glycemic Load:7.51, Inflammation Score:-6, Nutrition Score:28.051304412925%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 434.31kcal (21.72%), Fat: 26.3g (40.46%), Saturated Fat: 3.63g (22.69%), Carbohydrates: 22.09g (7.36%), Net Carbohydrates: 18.81g (6.84%), Sugar: 10.97g (12.19%), Cholesterol: 78.35mg (26.12%), Sodium: 299.27mg (13.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.47g (58.95%), Copper: 5.23mg (261.63%), Manganese: 1.89mg (94.54%), Vitamin B3: 12.74mg (63.69%), Vitamin K: 63.28µg (60.27%), Selenium: 38.21µg (54.58%), Vitamin B6: 0.91mg (45.71%), Phosphorus: 391.34mg (39.13%), Magnesium: 87.29mg (21.82%), Iron: 3.88mg (21.58%), Vitamin E: 3.1mg (20.64%), Potassium: 661.13mg (18.89%), Vitamin B5: 1.76mg (17.61%), Zinc: 2.2mg (14.64%), Fiber: 3.28g (13.13%), Vitamin B2: 0.2mg (11.92%), Vitamin C: 9.17mg (11.12%), Vitamin B1: 0.17mg (11.09%), Calcium: 74.85mg (7.48%), Vitamin A: 345.02IU (6.9%), Vitamin B12: 0.3µg (4.97%), Folate: 17.99µg (4.5%)