



Grilled Chicken, Tomato and Onion Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 pounds chicken cutlets thin
- ☐ 4 crusty rolls split such as ciabatta sourdough or hero horizontally
- ☐ 1 garlic crushed
- ☐ 0.3 cup olive oil extra-virgin plus more for brushing
- ☐ 3 ounces olives mixed pitted
- ☐ 2 teaspoons oregano fresh
- ☐ 4 servings pepper freshly ground

- ☐ 4 servings salt
- ☐ 2 tomatoes sliced
- ☐ 1 vidalia onion sweet or any onion sliced

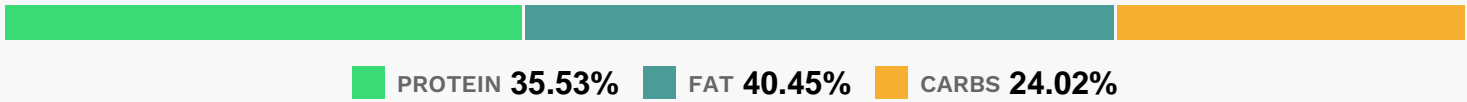
Equipment

- ☐ food processor
- ☐ grill

Directions

- ☐ Light a grill. In a mini food processor, pulse the pitted olives with the crushed garlic and oregano until chopped.
- ☐ Add the 1/4 cup plus 2 tablespoons of olive oil and pulse until finely chopped. Season with pepper.
- ☐ Brush the tomatoes, onion and cut sides of the rolls with olive oil. Grill the tomatoes and onion over high heat until they are softened and lightly charred, about 2 minutes for the tomatoes and 6 minutes for the onion.
- ☐ Transfer to a plate and season with salt and pepper. Grill the bread until lightly toasted, about 2 minutes.
- ☐ Season the chicken cutlets with salt and pepper and grill them over high heat, turning occasionally, until they are lightly browned in spots and cooked through, 5 to 6 minutes.
- ☐ Cut the chicken cutlets to fit the toasted rolls and top with the sliced tomatoes, sliced onion and olive relish. Close the sandwiches, cut them in half and serve right away.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:0.72, Inflammation Score:-9, Nutrition Score:28.742608894473%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin:

0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg Quercetin: 12.39mg, Quercetin: 12.39mg, Quercetin: 12.39mg, Quercetin: 12.39mg

Nutrients (% of daily need)

Calories: 537.08kcal (26.85%), Fat: 23.98g (36.89%), Saturated Fat: 3.87g (24.18%), Carbohydrates: 32.04g (10.68%), Net Carbohydrates: 28.02g (10.19%), Sugar: 6.07g (6.74%), Cholesterol: 127.01mg (42.34%), Sodium: 1012.86mg (44.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.4g (94.8%), Vitamin B3: 23.15mg (115.74%), Selenium: 76.26µg (108.95%), Vitamin B6: 1.69mg (84.33%), Phosphorus: 493.6mg (49.36%), Vitamin B5: 3.18mg (31.78%), Potassium: 1053.54mg (30.1%), Vitamin B1: 0.42mg (27.76%), Vitamin E: 3.79mg (25.29%), Manganese: 0.48mg (23.94%), Folate: 87.83µg (21.96%), Vitamin B2: 0.36mg (21.38%), Vitamin K: 21.1µg (20.09%), Magnesium: 79.81mg (19.95%), Vitamin C: 15.04mg (18.23%), Fiber: 4.03g (16.11%), Iron: 2.85mg (15.85%), Vitamin A: 673.84IU (13.48%), Zinc: 1.8mg (11.97%), Copper: 0.23mg (11.49%), Calcium: 100.83mg (10.08%), Vitamin B12: 0.4µg (6.61%), Vitamin D: 0.2µg (1.32%)