



Grilled Honey-Mustard Chicken Sandwiches

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup dijon mustard
- 2 tablespoons honey
- 1 teaspoon oregano dried
- 0.1 teaspoon ground pepper red (cayenne)
- 1 pound chicken breast halves boneless skinless
- 4 sandwich rolls split
- 4 slices tomatoes
- 1 Leaf lettuce

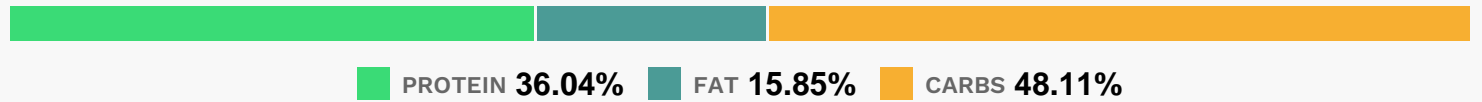
Equipment

grill

Directions

- Heat coals or gas grill for direct heat.
- Mix mustard, honey, oregano and red pepper.
- Brush on chicken.
- Cover and grill chicken 4 to 6 inches from medium heat 15 to 20 minutes, brushing frequently with mustard mixture and turning occasionally, until juice of chicken is no longer pink when centers of thickest pieces are cut. Discard any remaining mustard mixture.
- Serve chicken on buns with tomato and lettuce.

Nutrition Facts



Properties

Glycemic Index:47.82, Glycemic Load:4.86, Inflammation Score:-7, Nutrition Score:19.746521846108%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 344.36kcal (17.22%), Fat: 6g (9.24%), Saturated Fat: 1.05g (6.53%), Carbohydrates: 41.01g (13.67%), Net Carbohydrates: 38.43g (13.97%), Sugar: 10.63g (11.81%), Cholesterol: 72.57mg (24.19%), Sodium: 614.92mg (26.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.72g (61.44%), Selenium: 63.98µg (91.4%), Vitamin B3: 14.54mg (72.68%), Vitamin B6: 0.91mg (45.59%), Phosphorus: 320.17mg (32.02%), Vitamin B1: 0.39mg (25.76%), Manganese: 0.41mg (20.6%), Vitamin B5: 1.93mg (19.34%), Vitamin B2: 0.33mg (19.3%), Potassium: 584.31mg (16.69%), Folate: 65.87µg (16.47%), Iron: 2.85mg (15.84%), Magnesium: 57.11mg (14.28%), Fiber: 2.58g (10.31%), Zinc: 1.38mg (9.2%), Calcium: 81.39mg (8.14%), Copper: 0.16mg (7.93%), Vitamin C: 5.29mg (6.41%), Vitamin A: 314.53IU (6.29%), Vitamin K: 6.58µg (6.26%), Vitamin E: 0.77mg (5.12%), Vitamin B12: 0.23µg (3.78%)