



Grilled Mozza-Chicken Sandwiches

READY IN



25 min.

SERVINGS



25

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup original barbecue sauce kraft
- 4 slim cut mozzarella cheese kraft
- 1 Tbsp oil
- 0.5 cup onions sliced
- 0.5 cup pepper strips green
- 1 lb chicken breasts boneless skinless
- 4 kaiser rolls split

Equipment

frying pan

grill

Directions

Heat grill to medium-high heat.

Grill chicken 8 min. Meanwhile, cook and stir vegetables in hot oil in large skillet on medium heat 5 min. or until crisp-tender.

Remove from heat; cover to keep warm.

Turn chicken; brush with barbecue sauce. Grill 7 to 9 min. or until chicken is done (165F), turning and brushing occasionally with remaining sauce and adding rolls, cut sides down, to the grill for the last few minutes.

Fill rolls with chicken, cheese and vegetables.

Nutrition Facts



PROTEIN 31.64% **FAT 21.32%** **CARBS 47.04%**

Properties

Glycemic Index:5.48, Glycemic Load:3.75, Inflammation Score:-1, Nutrition Score:2.5982608613761%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 62.27kcal (3.11%), Fat: 1.45g (2.23%), Saturated Fat: 0.17g (1.06%), Carbohydrates: 7.2g (2.4%), Net Carbohydrates: 6.89g (2.51%), Sugar: 2.17g (2.41%), Cholesterol: 11.74mg (3.91%), Sodium: 108.35mg (4.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.69%), Iron: 1.81mg (10.07%), Vitamin B3: 1.93mg (9.67%), Selenium: 5.9µg (8.43%), Vitamin B6: 0.15mg (7.47%), Phosphorus: 40.95mg (4.1%), Vitamin C: 2.87mg (3.48%), Vitamin B5: 0.27mg (2.72%), Potassium: 85.99mg (2.46%), Magnesium: 5.86mg (1.47%), Vitamin B2: 0.02mg (1.32%), Fiber: 0.31g (1.24%), Vitamin E: 0.17mg (1.17%), Vitamin B1: 0.02mg (1.05%)