



Grilled Pesto Chicken Sandwiches

 Dairy Free

READY IN



95 min.

SERVINGS



4

CALORIES



698 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 pounds chicken breast halves boneless skinless
- 0.8 cup basil pesto
- 0.5 teaspoon salt
- 1 bell pepper cut into fourths
- 8 slices bread french
- 8 basil fresh

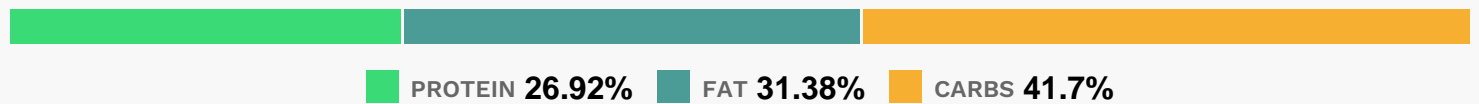
Equipment

- grill

Directions

- Place chicken in shallow glass or plastic dish.
- Brush 2 tablespoons of the pesto over tops of chicken; turn chicken.
- Brush with 2 tablespoons of the pesto; sprinkle with salt. Cover and refrigerate at least 1 hour but no longer than 24 hours.
- Heat coals or gas grill for direct heat. Grill chicken uncovered 4 to 6 inches from medium heat 15 to 20 minutes, turning once, until juice is no longer pink when centers of thickest pieces are cut.
- Add bell pepper for last 10 minutes of grilling until
- bell pepper is crisp-tender.
- Add bread for last 3 minutes of grilling, turning once until toasted.
- Cut bell pepper into strips.
- Spread remaining 1/2 cup pesto on one side of bread slices.
- Place chicken on 4 bread slices; top with bell pepper, basil and remaining bread.

Nutrition Facts



Properties

Glycemic Index:45.63, Glycemic Load:51.59, Inflammation Score:-9, Nutrition Score:33.209130408971%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 697.63kcal (34.88%), Fat: 24.07g (37.03%), Saturated Fat: 4.47g (27.97%), Carbohydrates: 71.97g (23.99%), Net Carbohydrates: 67.77g (24.64%), Sugar: 8.65g (9.62%), Cholesterol: 94.44mg (31.48%), Sodium: 1661.67mg (72.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.47g (92.94%), Selenium: 82µg (117.14%), Vitamin B3: 21.25mg (106.26%), Vitamin B1: 1.02mg (67.72%), Vitamin B6: 1.29mg (64.32%), Vitamin C: 39.92mg (48.39%), Folate: 177.34µg (44.33%), Phosphorus: 440.25mg (44.03%), Vitamin B2: 0.71mg (42.01%), Vitamin A: 1953.64IU (39.07%), Manganese: 0.74mg (36.76%), Iron: 5.95mg (33.08%), Vitamin B5: 2.54mg (25.43%),

Potassium: 739.42mg (21.13%), Magnesium: 81.9mg (20.48%), Fiber: 4.2g (16.79%), Calcium: 152.19mg (15.22%), Zinc: 2.23mg (14.9%), Copper: 0.24mg (12.06%), Vitamin E: 1.01mg (6.76%), Vitamin K: 5.96µg (5.67%), Vitamin B12: 0.28µg (4.72%)