



Grilled Ranch Chicken Fillet Sandwiches

 Dairy Free

READY IN



95 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup ranch dressing
- 1 tablespoon chives fresh chopped
- 1.3 lb chicken breast boneless skinless
- 4 slices canadian bacon
- 4 hamburger buns split
- 2 tablespoons salad dressing
- 2 tablespoons parsley fresh chopped
- 1 large tomatoes sliced

1 medium cucumber thinly sliced

Equipment

bowl

grill

Directions

In shallow glass or plastic dish, mix 1/4 cup of the dressing and the chives.

Add chicken; turn to coat. Cover; refrigerate 1 to 2 hours, turning chicken occasionally.

Heat gas or charcoal grill.

Place chicken on grill over medium heat. Cover grill; cook 15 to 20 minutes, turning once or twice, until juice of chicken is clear when center of thickest part is cut (170°F).

Add bacon to grill for last 2 to 3 minutes of cooking time to heat. If desired, add buns, cut sides down, for last 4 minutes of grilling or until toasted.

In small bowl, mix remaining 1/4 cup dressing, the mayonnaise and parsley; spread on cut sides of buns.

Layer bacon, chicken, tomato and cucumber in each bun.

Nutrition Facts

 **PROTEIN 34.5%**  **FAT 43.73%**  **CARBS 21.77%**

Properties

Glycemic Index:32.5, Glycemic Load:0.6, Inflammation Score:-7, Nutrition Score:29.711738897407%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 485.65kcal (24.28%), Fat: 23.38g (35.97%), Saturated Fat: 4.38g (27.37%), Carbohydrates: 26.18g (8.73%), Net Carbohydrates: 23.49g (8.54%), Sugar: 6.9g (7.66%), Cholesterol: 112.77mg (37.59%), Sodium: 972.4mg (42.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.5g (83%), Selenium: 68.04µg (97.2%), Vitamin B3: 18.92mg (94.58%), Vitamin K: 87.41µg (83.25%), Vitamin B6: 1.29mg (64.63%), Phosphorus: 501.74mg (50.17%), Vitamin B1: 0.55mg (36.91%), Manganese: 0.59mg (29.69%), Vitamin B5: 2.8mg (28%), Potassium: 909.06mg (25.97%), Vitamin B2: 0.38mg (22.38%), Magnesium: 75.7mg (18.92%), Folate: 75.65µg (18.91%), Iron: 2.97mg (16.52%), Vitamin C: 12.67mg (15.35%), Vitamin A: 672.77IU (13.46%), Zinc: 1.94mg (12.9%), Copper: 0.22mg (11.1%), Fiber: 2.69g (10.77%), Vitamin E: 1.46mg (9.72%), Vitamin B12: 0.53µg (8.83%), Calcium: 76.46mg (7.65%), Vitamin D: 0.97µg (6.46%)