



Herb Chicken Sandwiches

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



709 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups arugula loosely packed
- ☐ 5 ounces ripened cheese blue soft
- ☐ 6 servings herb-marinated chicken breasts
- ☐ 12 oz deli rolls split
- ☐ 6 tablespoons mayonnaise
- ☐ 4 tablespoons olive oil divided
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 3 bell peppers red

- ☐ 0.5 teaspoon salt
- ☐ 2 large onions sweet

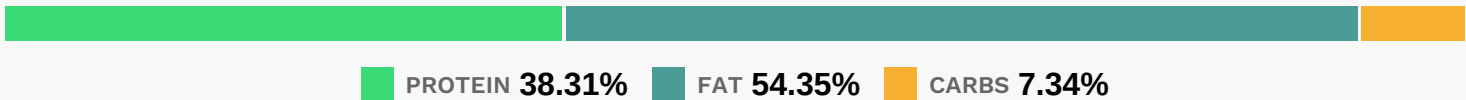
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to 400 to 450 (high) heat.
- ☐ Cut onion into 1/4-inch-thick slices.
- ☐ Brush with 1 Tbsp. olive oil, and sprinkle with 1/4 tsp. salt and 1/4 tsp. pepper.
- ☐ Cut bell peppers into 1-inch-wide strips.
- ☐ Place pepper strips in a large bowl, and drizzle with 1 Tbsp. olive oil.
- ☐ Sprinkle with remaining 1/4 tsp. salt and 1/4 tsp. pepper; toss to coat.
- ☐ Grill onion and bell pepper strips, covered with grill lid, over 400 to 450 (high) heat 7 to 10 minutes on each side or until lightly charred and tender.
- ☐ Brush cut sides of rolls with remaining 2 Tbsp. olive oil, and grill, cut sides down, without grill lid, over 400 to 450 (high) heat 1 to 2 minutes or until lightly browned and toasted.
- ☐ Spread blue cheese on cut sides of roll bottoms; top with arugula, bell pepper strips, chicken, and onion.
- ☐ Spread mayonnaise on cut sides of roll tops.
- ☐ Place roll tops, mayonnaise sides down, on top of onion, pressing lightly.
- ☐ *French hamburger buns may be substituted. We tested with Publix French Hamburger Buns.
- ☐ Note: We tested with Saga Classic Soft-Ripened Blue-Veined Cheese.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:0.99, Inflammation Score:-9, Nutrition Score:38.227825828221%

Flavonoids

Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg, Kaempferol: 3.01mg Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg Quercetin: 16.55mg, Quercetin: 16.55mg, Quercetin: 16.55mg, Quercetin: 16.55mg

Nutrients (% of daily need)

Calories: 708.97kcal (35.45%), Fat: 42.25g (65%), Saturated Fat: 12.06g (75.36%), Carbohydrates: 12.84g (4.28%), Net Carbohydrates: 10.48g (3.81%), Sugar: 8.34g (9.27%), Cholesterol: 203.39mg (67.8%), Sodium: 1502.33mg (65.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.02g (134.04%), Vitamin B3: 27.09mg (135.44%), Selenium: 89.57µg (127.96%), Vitamin B6: 2.27mg (113.46%), Vitamin C: 84.92mg (102.93%), Phosphorus: 738.43mg (73.84%), Vitamin A: 2240.77IU (44.82%), Vitamin B5: 4.23mg (42.33%), Potassium: 1339.28mg (38.27%), Vitamin B1: 0.57mg (38.23%), Vitamin K: 38.43µg (36.6%), Vitamin B2: 0.52mg (30.67%), Zinc: 3.59mg (23.96%), Magnesium: 94.82mg (23.7%), Vitamin E: 3.48mg (23.21%), Folate: 77.57µg (19.39%), Vitamin B12: 1.12µg (18.66%), Calcium: 176.31mg (17.63%), Iron: 2.12mg (11.77%), Manganese: 0.23mg (11.66%), Copper: 0.2mg (9.91%), Fiber: 2.36g (9.46%), Vitamin D: 0.77µg (5.13%)