



Herb Chicken Sandwiches With Grilled Peaches

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



711 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
- ☐ 2 large peaches

- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 2 bell peppers red
- ☐ 0.5 teaspoon salt
- ☐ 1 large onion 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.
- ☐ Cut peaches into 1/4-inch-thick rounds, cutting through stem and bottom ends. Grill peach slices, covered with grill lid, over 350 to 400 (medium-high) heat 3 to 5 minutes on each side or until grill marks appear.
- ☐ 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, onion, and peaches.
- ☐ 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

PROTEIN 38.13% FAT 54.25% CARBS 7.62%

Properties

Glycemic Index:35.54, Glycemic Load:2.76, Inflammation Score:-9, Nutrition Score:36.193043501481%

Flavonoids

Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg, Cyanidin: 1.12mg Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg, Catechin: 2.87mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 2.51mg, Kaempferol: 2.51mg, Kaempferol: 2.51mg, Kaempferol: 2.51mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.88mg, Quercetin: 8.88mg, Quercetin: 8.88mg, Quercetin: 8.88mg

Nutrients (% of daily need)

Calories: 710.66kcal (35.53%), Fat: 42.31g (65.09%), Saturated Fat: 12.06g (75.36%), Carbohydrates: 13.37g (4.46%), Net Carbohydrates: 11.04g (4.02%), Sugar: 9.63g (10.7%), Cholesterol: 203.39mg (67.8%), Sodium: 1504.7mg (65.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 66.91g (133.82%), Vitamin B3: 27.29mg (136.46%), Selenium: 90.5µg (129.29%), Vitamin B6: 2.15mg (107.72%), Phosphorus: 731.21mg (73.12%), Vitamin C: 59.28mg (71.85%), Vitamin B5: 4.21mg (42.05%), Potassium: 1302.95mg (37.23%), Vitamin K: 39.04µg (37.18%), Vitamin B1: 0.55mg (36.94%), Vitamin A: 1809.4IU (36.19%), Vitamin B2: 0.51mg (30.1%), Zinc: 3.61mg (24.04%), Vitamin E: 3.58mg (23.88%), Magnesium: 92.14mg (23.03%), Vitamin B12: 1.12µg (18.66%), Calcium: 166.22mg (16.62%), Folate: 59.26µg (14.81%), Iron: 2.09mg (11.6%), Copper: 0.21mg (10.47%), Manganese: 0.2mg (10.23%), Fiber: 2.33g (9.31%), Vitamin D: 0.77µg (5.13%)