



Herbed Chicken Salad Sandwiches

READY IN



14 min.

SERVINGS



4

CALORIES



203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups rotisserie chicken breast boneless skinless chopped
- 1 tablespoon tarragon fresh finely chopped
- 0.1 teaspoon kosher salt
- 1 tablespoon juice of lemon fresh
- 4 leaf lettuce leaves red
- 3 tablespoons canola mayonnaise
- 1 cup microgreens
- 3 tablespoons greek yogurt plain 2%
- 1.5 ounce rye sandwich bread

0.3 cup onion sweet minced

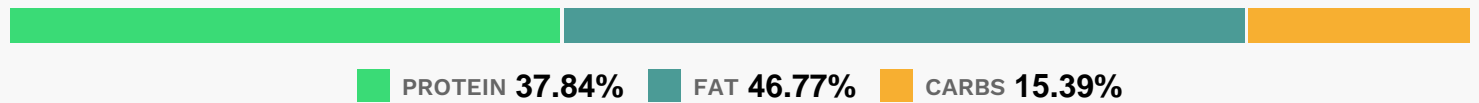
Equipment

bowl

Directions

Combine the first 5 ingredients in a large bowl. Stir in chicken and onion. Top each of 4 bread slices with 1 lettuce leaf, about 1/2 packed cup chicken salad, 1/4 cup microgreens, and 1 bread slice.

Nutrition Facts



Properties

Glycemic Index:43.08, Glycemic Load:2.92, Inflammation Score:-4, Nutrition Score:11.70869566565%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 202.51kcal (10.13%), Fat: 10.39g (15.99%), Saturated Fat: 1.77g (11.08%), Carbohydrates: 7.69g (2.56%), Net Carbohydrates: 6.68g (2.43%), Sugar: 1.45g (1.62%), Cholesterol: 52.97mg (17.66%), Sodium: 297.17mg (12.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.92g (37.84%), Vitamin B3: 8.47mg (42.33%), Selenium: 28.84µg (41.19%), Vitamin B6: 0.64mg (31.92%), Vitamin K: 21.34µg (20.32%), Phosphorus: 202.83mg (20.28%), Manganese: 0.27mg (13.29%), Vitamin B5: 1.23mg (12.33%), Potassium: 390.13mg (11.15%), Vitamin B2: 0.18mg (10.67%), Magnesium: 34.64mg (8.66%), Vitamin B1: 0.11mg (7.6%), Iron: 1.29mg (7.19%), Folate: 27.18µg (6.8%), Vitamin C: 4.46mg (5.41%), Zinc: 0.79mg (5.29%), Calcium: 50.01mg (5%), Fiber: 1.01g (4.05%), Vitamin B12: 0.24µg (4.02%), Vitamin A: 192.05IU (3.84%), Copper: 0.08mg (3.76%), Vitamin E: 0.53mg (3.56%)