



Hot Buffalo Chicken, Bacon, and Cheese Sandwich

READY IN



40 min.

SERVINGS



8

CALORIES



664 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon
- ☐ 2 tablespoons buffalo wing sauce hot
- ☐ 3 cups meat from a rotisserie chicken shredded
- ☐ 1 loaf bread italian cut in half lengthwise
- ☐ 0.5 cup mayonnaise
- ☐ 8 slices pepper jack cheese
- ☐ 0.3 cup roasted bell peppers red drained sliced
- ☐ 0.3 cup cup heavy whipping cream sour

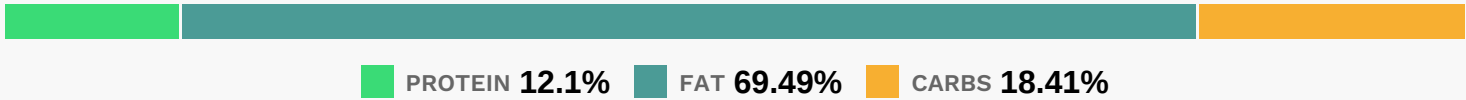
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat an oven to 325 degrees F (165 degrees C).
- ☐ Place the bacon in a large, deep skillet; cook over medium-high heat, turning occasionally, until evenly browned.
- ☐ Drain the bacon slices on a paper towel-lined plate.
- ☐ Combine the mayonnaise, sour cream, and hot sauce in a small bowl.
- ☐ Spread both halves of the bread with the mayonnaise mixture.
- ☐ Place chicken on bottom half of bread; layer bacon and cheese on top of chicken. Fold the top half of the bread over the bottom, and wrap with foil.
- ☐ Bake for 20 to 25 minutes.
- ☐ Add a layer of red pepper slices on top of the bacon and cheese, if desired.
- ☐ Cut into slices, and serve.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:10.04956520122%

Nutrients (% of daily need)

Calories: 664.43kcal (33.22%), Fat: 51.16g (78.71%), Saturated Fat: 21.27g (132.93%), Carbohydrates: 30.5g (10.17%), Net Carbohydrates: 28.46g (10.35%), Sugar: 17.93g (19.92%), Cholesterol: 71.48mg (23.83%), Sodium: 740.97mg (32.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.04g (40.08%), Vitamin B3: 6.14mg (30.72%),

Vitamin K: 24.09µg (22.94%), Phosphorus: 209.52mg (20.95%), Selenium: 13.06µg (18.66%), Calcium: 172.32mg (17.23%), Vitamin B2: 0.21mg (12.54%), Vitamin B6: 0.22mg (11.03%), Folate: 43.83µg (10.96%), Vitamin B1: 0.16mg (10.49%), Iron: 1.86mg (10.33%), Zinc: 1.55mg (10.3%), Fiber: 2.03g (8.14%), Potassium: 270.82mg (7.74%), Vitamin B12: 0.42µg (7%), Magnesium: 27.09mg (6.77%), Vitamin A: 303.55IU (6.07%), Vitamin B5: 0.57mg (5.71%), Vitamin E: 0.74mg (4.93%), Vitamin C: 2.78mg (3.37%), Copper: 0.04mg (2.18%), Vitamin D: 0.3µg (2.03%), Manganese: 0.02mg (1.05%)