



Hot "Chicken" Sub

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

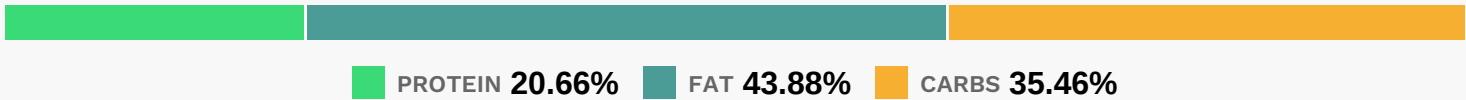
- ☐ 6 ground beef patties frozen chicken-style (from two 10-oz packages)
- ☐ 1 lb bread french cut in half horizontally
- ☐ 0.5 cup salad dressing italian
- ☐ 1 serving lettuce
- ☐ 1 large tomatoes thinly sliced

Equipment

Directions

- ☐ Heat patties as directed on package.
- ☐ Spread cut sides of bread with dressing.
- ☐ Layer lettuce, patties and tomato on bottom half of bread. Cover with top half of bread.
- ☐ Cut into slices to serve.

Nutrition Facts



Properties

Glycemic Index:25.08, Glycemic Load:30.64, Inflammation Score:-6, Nutrition Score:19.992173920507%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 490.69kcal (24.53%), Fat: 23.77g (36.57%), Saturated Fat: 8.15g (50.91%), Carbohydrates: 43.23g (14.41%), Net Carbohydrates: 41.02g (14.92%), Sugar: 6.7g (7.44%), Cholesterol: 59.89mg (19.96%), Sodium: 736.19mg (32.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.18g (50.35%), Selenium: 38.75µg (55.36%), Vitamin B3: 8.21mg (41.07%), Vitamin B1: 0.61mg (40.44%), Vitamin B12: 2.32µg (38.61%), Zinc: 5.53mg (36.86%), Vitamin B2: 0.51mg (30.18%), Iron: 5.33mg (29.61%), Folate: 108.62µg (27.15%), Phosphorus: 256.41mg (25.64%), Manganese: 0.47mg (23.73%), Vitamin B6: 0.37mg (18.29%), Vitamin K: 17.47µg (16.64%), Potassium: 501.68mg (14.33%), Magnesium: 49.89mg (12.47%), Copper: 0.22mg (11.14%), Fiber: 2.21g (8.82%), Vitamin A: 334.19IU (6.68%), Vitamin B5: 0.64mg (6.42%), Vitamin C: 4.65mg (5.64%), Calcium: 55.47mg (5.55%), Vitamin E: 0.78mg (5.19%)