



Italian Chicken Sandwich

 Dairy Free

READY IN



30 min.

SERVINGS



15

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 lb chicken cutlets thin
- ☐ 0.3 cup wish-bone light italian
- ☐ 1 loaf bread italian halved lengthwise (16 in.)
- ☐ 0.3 cup mayonnaise dressing with olive oil best foods®
- ☐ 1 small zucchini cut lengthwise into thin strips

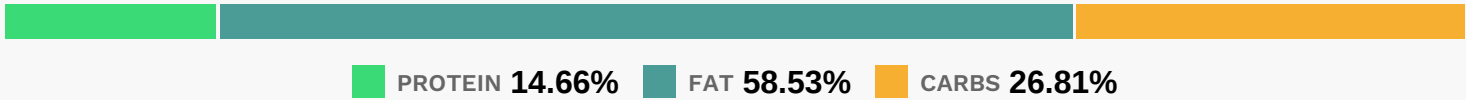
Equipment

- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Grill or broil chicken and zucchini, brushing frequently with Wish-Bone Italian Dressing, until chicken is thoroughly cooked.
- ☐ Meanwhile, spread Hellmann's or Best Foods Mayonnaise Dressing with Olive Oil on both sides of bread. Arrange chicken and zucchini on bread. Wrap in aluminum foil and keep warm. To serve, cut into 4 pieces.
- ☐ Cost per recipe*: \$23
- ☐ Cost per serving*: \$06
- ☐ *Based on average retail prices at national supermarkets.
- ☐ Also terrific with Hellmann's or Best Foods Real Mayonnaise.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:4.9613043341948%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 247.58kcal (12.38%), Fat: 16.02g (24.64%), Saturated Fat: 6.67g (41.72%), Carbohydrates: 16.51g (5.5%), Net Carbohydrates: 15.38g (5.59%), Sugar: 9.98g (11.09%), Cholesterol: 21.44mg (7.15%), Sodium: 218.25mg (9.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.03g (18.05%), Vitamin B3: 4.55mg (22.77%), Selenium: 9.89µg (14.12%), Vitamin B6: 0.24mg (12.11%), Vitamin K: 10.71µg (10.2%), Phosphorus: 79.3mg (7.93%), Potassium: 202.24mg (5.78%), Folate: 22.37µg (5.59%), Vitamin B5: 0.46mg (4.56%), Fiber: 1.14g (4.54%), Vitamin B1: 0.07mg (4.43%), Iron: 0.8mg (4.42%), Vitamin B2: 0.07mg (3.87%), Magnesium: 14.66mg (3.66%), Vitamin C: 1.79mg (2.17%), Vitamin E: 0.32mg (2.11%), Zinc: 0.27mg (1.81%), Vitamin B12: 0.07µg (1.11%)