



Kimchi Chicken Salad Sandwich

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



589 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 strips bacon (cut into bite sized pieces)
- ☐ 2 slices bread
- ☐ 0.5 tablespoon korean honey citron tea paste
- ☐ 1 green onion (sliced)
- ☐ 0.3 cup kimchi (drained chopped)
- ☐ 2 leaves lettuce
- ☐ 1 tablespoon mayonnaise
- ☐ 1 teaspoon sesame seed (toasted)

- ☐ 0.5 cup meat from a rotisserie chicken shredded cooked (and)
- ☐ 2 slices tomatoes

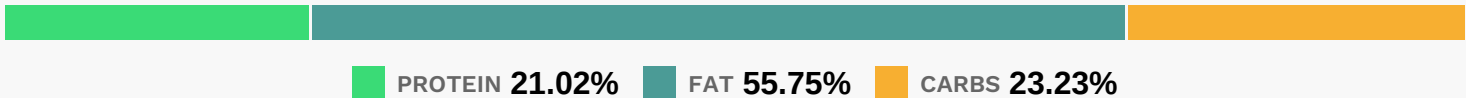
Equipment

- ☐ bowl

Directions

- ☐ Cook the bacon and set aside.
- ☐ Saute the kimchi in the bacon grease until caramelized, about 3–5 minutes.
- ☐ Mix mayonnaise and gochujang in a small bowl.
- ☐ Mix the bacon, kimchi, gochujang mayo, green onion and sesame seeds.
- ☐ Assemble sandwich.

Nutrition Facts



Properties

Glycemic Index:245.67, Glycemic Load:15.24, Inflammation Score:-7, Nutrition Score:23.726956300114%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 588.91kcal (29.45%), Fat: 36.43g (56.04%), Saturated Fat: 9.33g (58.31%), Carbohydrates: 34.16g (11.39%), Net Carbohydrates: 30.03g (10.92%), Sugar: 6.33g (7.03%), Cholesterol: 87.42mg (29.14%), Sodium: 848.78mg (36.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.9g (61.79%), Vitamin K: 71.16µg (67.77%), Selenium: 43.52µg (62.17%), Vitamin B3: 11.35mg (56.77%), Manganese: 0.84mg (41.76%), Phosphorus: 317.18mg (31.72%), Vitamin B6: 0.61mg (30.72%), Vitamin B1: 0.46mg (30.36%), Iron: 4.54mg (25.2%), Folate: 89.91µg (22.48%), Vitamin B2: 0.38mg (22.18%), Zinc: 2.58mg (17.2%), Potassium: 595.21mg (17.01%), Fiber: 4.13g (16.51%), Magnesium: 64.54mg (16.14%), Vitamin A: 747.82IU (14.96%), Vitamin B5: 1.48mg (14.81%), Copper: 0.29mg (14.43%), Vitamin C: 11.49mg (13.93%), Calcium: 129.23mg (12.92%), Vitamin E: 1.2mg (7.99%), Vitamin B12: 0.44µg (7.33%), Vitamin D: 0.2µg (1.36%)