



 **16%**
HEALTH SCORE

Leftover Rotisserie Chicken Sandwich

READY IN



20 min.

SERVINGS



1

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices bread
- 4 ounces roasted chicken
- 1 serving dijon honey mustard
- 1 serving olive oil
- 1 serving cheddar cheese shredded

Equipment

Nutrition Facts



■ PROTEIN **28.29%** ■ FAT **52.74%** ■ CARBS **18.97%**

Properties

Glycemic Index:85.67, Glycemic Load:14.49, Inflammation Score:-5, Nutrition Score:20.741739130435%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 590.97kcal (29.55%), Fat: 34.26g (52.7%), Saturated Fat: 10.13g (63.34%), Carbohydrates: 27.73g (9.24%), Net Carbohydrates: 25.49g (9.27%), Sugar: 3.51g (3.9%), Cholesterol: 115.05mg (38.35%), Sodium: 551.41mg (23.97%), Protein: 41.34g (82.69%), Selenium: 52.51µg (75.02%), Vitamin B3: 12.08mg (60.41%), Phosphorus: 427.36mg (42.74%), Manganese: 0.69mg (34.49%), Calcium: 295.85mg (29.58%), Vitamin B6: 0.55mg (27.39%), Vitamin B2: 0.44mg (25.89%), Zinc: 3.41mg (22.71%), Vitamin B1: 0.31mg (20.61%), Iron: 3.51mg (19.53%), Vitamin B5: 1.69mg (16.85%), Vitamin E: 2.35mg (15.65%), Folate: 59.57µg (14.89%), Magnesium: 54.87mg (13.72%), Vitamin K: 11.89µg (11.33%), Vitamin B12: 0.65µg (10.78%), Potassium: 361.88mg (10.34%), Fiber: 2.24g (8.96%), Copper: 0.16mg (7.87%), Vitamin A: 348.21IU (6.96%), Vitamin D: 0.18µg (1.2%)