



Mini Grilled Chicken Clubs

READY IN



45 min.

SERVINGS



4

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken cutlets
- ☐ 0.5 cup basil leaves fresh
- ☐ 1 large garlic clove chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil plus more for grill
- ☐ 0.3 cup parmesan cheese finely grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 4 small sandwich rolls cut into thirds crosswise

- ☐ 1 small tomatoes cut into 8 thin slices
- ☐ 1 cup zucchini chopped

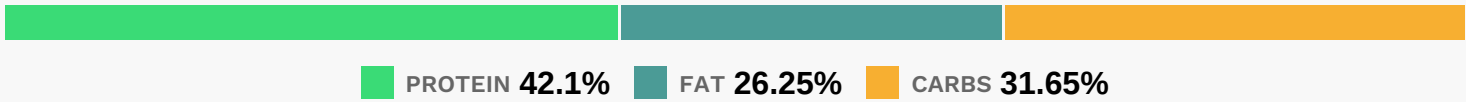
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ cutting board

Directions

- ☐ Combine zucchini, garlic, basil, Parmesan, lemon juice, and 1 tablespoon oil in a food processor; process until smooth.
- ☐ Transfer to a small bowl.
- ☐ Preheat a lightly oiled grill over medium-high heat. Season chicken with salt and pepper; grill until golden and cooked through (about 4-5 minutes).
- ☐ Transfer to a cutting board; slice in half. Toast cut sides of rolls on grill until golden on one side (about 1 minute).
- ☐ Top bottoms of rolls with half of chicken and pesto; top with middle piece of roll.
- ☐ Layer rolls with remaining half of ingredients and tomato slices. Top with remaining part of roll.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:0.44, Inflammation Score:-7, Nutrition Score:26.079565188159%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.36mg, Quercetin:

0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 430.37kcal (21.52%), Fat: 12.28g (18.9%), Saturated Fat: 2.8g (17.49%), Carbohydrates: 33.33g (11.11%), Net Carbohydrates: 31.33g (11.39%), Sugar: 2.5g (2.78%), Cholesterol: 114.24mg (38.08%), Sodium: 765.99mg (33.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.33g (88.66%), Selenium: 79.06µg (112.95%), Vitamin B3: 20.46mg (102.32%), Vitamin B6: 1.38mg (69.15%), Phosphorus: 474.19mg (47.42%), Vitamin B5: 2.78mg (27.77%), Vitamin B1: 0.41mg (27.26%), Vitamin B2: 0.42mg (24.73%), Potassium: 854.33mg (24.41%), Manganese: 0.44mg (21.88%), Folate: 75.01µg (18.75%), Magnesium: 72.41mg (18.1%), Vitamin K: 18.69µg (17.8%), Iron: 2.85mg (15.81%), Vitamin C: 12.93mg (15.67%), Calcium: 132.71mg (13.27%), Zinc: 1.97mg (13.11%), Vitamin A: 515.8IU (10.32%), Copper: 0.19mg (9.37%), Vitamin E: 1.29mg (8.6%), Fiber: 2g (8%), Vitamin B12: 0.42µg (7.07%), Vitamin D: 0.2µg (1.34%)