



Moroccan Chicken Manchego Melt

 Popular

READY IN



15 min.

SERVINGS



1

CALORIES



630 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices bread
- 1 tablespoon butter
- 0.5 cup moroccan grilled chicken
- 1 teaspoon harissa
- 0.5 cup manchego cheese shredded
- 2 tablespoons olive tapenade green with preserved lemon
- 1 tablespoon pickled onions

Equipment

frying pan

grill

Directions

Heat a pan over medium heat. Butter one side of each slice of bread, place one slice in the pan with buttered side down, top with half of the cheese followed by the chicken, tapenade, onions and harissa, the remaining cheese and finally the other slice of bread with buttered side up. Grill until golden brown on both sides and the cheese is melted, about 2–4 minutes per side.

Nutrition Facts

PROTEIN 24.68% **FAT 56.32%** **CARBS 19%**

Properties

Glycemic Index:135.67, Glycemic Load:14.5, Inflammation Score:-6, Nutrition Score:16.937826052956%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 630.28kcal (31.51%), Fat: 38.82g (59.73%), Saturated Fat: 23.01g (143.84%), Carbohydrates: 29.48g (9.83%), Net Carbohydrates: 26g (9.46%), Sugar: 5.25g (5.84%), Cholesterol: 143.05mg (47.68%), Sodium: 817.76mg (35.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.27g (76.55%), Calcium: 689.61mg (68.96%), Selenium: 33.59µg (47.99%), Vitamin B3: 8.74mg (43.72%), Manganese: 0.69mg (34.62%), Phosphorus: 215.5mg (21.55%), Vitamin B1: 0.28mg (18.89%), Vitamin B6: 0.37mg (18.48%), Iron: 2.93mg (16.26%), Fiber: 3.92g (15.68%), Vitamin B2: 0.25mg (15%), Vitamin A: 724.63IU (14.49%), Folate: 53.87µg (13.47%), Vitamin B5: 1.17mg (11.67%), Zinc: 1.68mg (11.23%), Magnesium: 39.54mg (9.88%), Potassium: 275.72mg (7.88%), Copper: 0.13mg (6.66%), Vitamin K: 4.02µg (3.83%), Vitamin B12: 0.23µg (3.78%), Vitamin E: 0.53mg (3.53%), Vitamin C: 1.65mg (2%)