



Moroccan Grilled Chicken Sandwich with Preserved Lemon Tapenade and Harissa Mayo



Dairy Free



Popular

READY IN



5 min.

SERVINGS



1

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

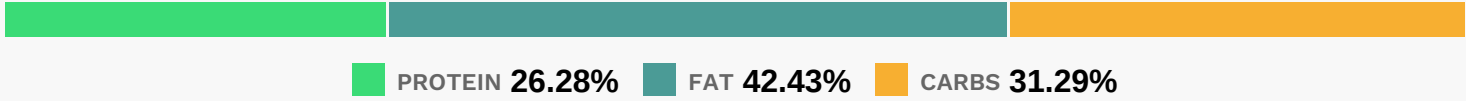
- ☐ 1 handful baby spinach leaves
- ☐ 2 slices bread
- ☐ 0.5 cup moroccan grilled chicken
- ☐ 1 tablespoon harissa mayo
- ☐ 2 tablespoons olive tapenade green with preserved lemon
- ☐ 1 tablespoon pickled onions red

Equipment

Directions

☐ Assemble sandwich and enjoy!

Nutrition Facts



Properties

Glycemic Index:167.67, Glycemic Load:14.67, Inflammation Score:-9, Nutrition Score:23.52695654527%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 385.02kcal (19.25%), Fat: 17.87g (27.49%), Saturated Fat: 3.35g (20.92%), Carbohydrates: 29.65g (9.88%), Net Carbohydrates: 25.63g (9.32%), Sugar: 4.78g (5.32%), Cholesterol: 58.38mg (19.46%), Sodium: 430.38mg (18.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.9g (49.79%), Vitamin K: 170.5µg (162.38%), Vitamin A: 2852.22IU (57.04%), Selenium: 34.02µg (48.6%), Manganese: 0.96mg (48.12%), Vitamin B3: 8.88mg (44.38%), Folate: 111.9µg (27.98%), Phosphorus: 227.18mg (22.72%), Vitamin B6: 0.42mg (21.04%), Iron: 3.73mg (20.7%), Vitamin B1: 0.3mg (20.2%), Vitamin B2: 0.31mg (18%), Fiber: 4.46g (17.84%), Magnesium: 62.5mg (15.63%), Zinc: 1.84mg (12.29%), Potassium: 424.06mg (12.12%), Vitamin B5: 1.2mg (11.95%), Vitamin C: 9.28mg (11.25%), Calcium: 111.52mg (11.15%), Copper: 0.17mg (8.42%), Vitamin E: 1.18mg (7.84%), Vitamin B12: 0.22µg (3.66%)