



Ode to the Rooster

READY IN



20 min.

SERVINGS



4

CALORIES



712 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 fried chicken breasts boneless prepared
- 4 large hawaiian rolls sweet (or potato rolls)
- 4 servings hot sauce for serving
- 4 servings kosher salt and pepper freshly ground
- 0.5 cup mayonnaise
- 0.3 cup pepperoncini drained chopped
- 1.5 cups best-quality sharp cheddar cheese shredded

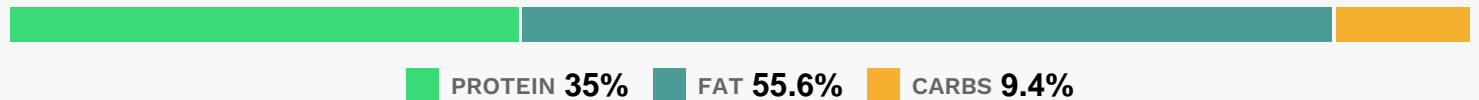
Equipment

- food processor
- grill
- aluminum foil

Directions

- Pulse the cheese, mayonnaise and pepperoncini in a food processor until combined. Season with salt and pepper. Cover and chill at least 3 hours.
- Slice the rolls; place a chicken breast on each roll and top with about 2 tablespoons of the cheese mixture. Wrap the sandwiches in foil and keep chilled until ready to use.
- Preheat a grill to medium.
- Place the foil-wrapped sandwiches cheese-side down on the grill and heat through, flipping once, 3 to 5 minutes per side.
- Serve with your favorite hot sauce.
- Photograph by Andrew McCaul

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.36, Inflammation Score:-6, Nutrition Score:27.70565194669%

Nutrients (% of daily need)

Calories: 712.07kcal (35.6%), Fat: 43.22g (66.49%), Saturated Fat: 13.69g (85.53%), Carbohydrates: 16.45g (5.48%), Net Carbohydrates: 16.19g (5.89%), Sugar: 4.41g (4.9%), Cholesterol: 208.57mg (69.53%), Sodium: 998.53mg (43.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.22g (122.44%), Selenium: 84.98µg (121.4%), Vitamin B3: 23.69mg (118.45%), Vitamin B6: 1.75mg (87.6%), Phosphorus: 677.05mg (67.7%), Vitamin K: 47.85µg (45.57%), Vitamin B5: 3.46mg (34.64%), Calcium: 314.34mg (31.43%), Potassium: 894.45mg (25.56%), Vitamin B2: 0.42mg (24.85%), Zinc: 2.93mg (19.52%), Magnesium: 71.81mg (17.95%), Vitamin B12: 0.93µg (15.58%), Vitamin E: 1.72mg (11.46%), Vitamin C: 9.2mg (11.15%), Vitamin B1: 0.17mg (11.07%), Vitamin A: 537.11IU (10.74%), Iron: 1mg (5.56%), Folate: 21.59µg (5.4%), Copper: 0.09mg (4.39%), Vitamin D: 0.54µg (3.58%), Manganese: 0.05mg (2.42%), Fiber: 0.26g (1.06%)