🍎 **22%**
HEALTH SCORE

Ode to the Rooster

READY IN	SERVINGS	CALORIES
🕐	🍽️	💧
20 min.	**4**	**714 kcal**

LUNCH   MAIN COURSE   MAIN DISH   DINNER

Ingredients

- [ ] 4 chicken breast boneless prepared

- [ ] 4 large hawaiian rolls sweet (or potato rolls)

- [ ] 4 servings hot sauce for serving

- [ ] 4 servings salt and pepper freshly ground

- [ ] 0.5 cup mayonnaise

- [ ] 0.3 cup pepperoncini peppers drained chopped

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- [ ] 1.5 cups 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

PROTEIN 34.95% **FAT 55.44%** **CARBS 9.61%**

Properties

Glycemic Index:19.25, Glycemic Load:0.36, Inflammation Score:-6, Nutrition Score:28.382608527723%

Nutrients (% of daily need)

Calories: 714.17kcal (35.71%), Fat: 43.25g (66.55%), Saturated Fat: 13.69g (85.56%), Carbohydrates: 16.86g (5.62%), Net Carbohydrates: 16.34g (5.94%), Sugar: 4.56g (5.07%), Cholesterol: 208.57mg (69.53%), Sodium: 999.54mg (43.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.35g (122.7%), Selenium: 85µg (121.43%), Vitamin B3: 23.79mg (118.93%), Vitamin B6: 1.78mg (88.99%), Phosphorus: 679.53mg (67.95%), Vitamin K: 48.58µg (46.27%), Vitamin B5: 3.48mg (34.85%), Calcium: 315.43mg (31.54%), Potassium: 914.29mg (26.12%), Vitamin B2: 0.43mg (25.1%), Zinc: 2.95mg (19.65%), Vitamin C: 15.61mg (18.92%), Magnesium: 73.13mg (18.28%), Vitamin B12: 0.93µg (15.58%), Vitamin E: 1.77mg (11.82%), Vitamin B1: 0.17mg (11.49%), Vitamin A: 563.46IU (11.27%), Folate: 23.84µg (5.96%), Iron: 1.04mg (5.76%), Copper: 0.1mg (4.75%), Vitamin D: 0.54µg (3.58%), Manganese: 0.06mg (2.81%), Fiber: 0.53g (2.11%)