



Onion-Smothered Chicken Sandwiches

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cider vinegar
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup honey
- ☐ 1 tablespoon honey
- ☐ 1 teaspoon olive oil
- ☐ 2 cups onion thinly sliced
- ☐ 0.5 teaspoon paprika
- ☐ 5 ounce cocktail rye bread toasted

- ☐ 0.1 teaspoon salt
- ☐ 16 ounce skinned

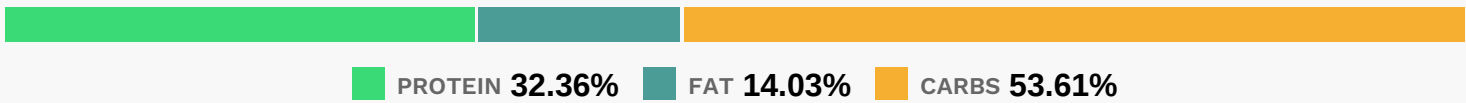
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ grill pan
- ☐ meat tenderizer

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion; cook for 1 minute. Cover, reduce heat to medium, and cook for 6 minutes or until soft. Stir in 1/4 cup honey and vinegar. Cook, uncovered, 10 minutes, stirring occasionally. Set aside.
- ☐ While onions are cooking, place each chicken breast half between 2 sheets of heavy-duty plastic wrap, and flatten to 1/2-inch thickness using a meat mallet or a rolling pin.
- ☐ Combine mustard, 1 tablespoon honey, paprika, and salt in a small bowl.
- ☐ Brush half of mustard mixture over chicken.
- ☐ Heat a large grill pan or skillet coated with cooking spray over medium-high heat.
- ☐ Place the chicken, coated side down, in pan; cook for 4 minutes.
- ☐ Brush chicken with the remaining mustard mixture. Turn chicken over; cook 4 minutes or until done.
- ☐ Place 1 chicken breast on each toast slice, and top each with 2 tablespoons onion mixture.

Nutrition Facts



Properties

Glycemic Index:67.72, Glycemic Load:20.98, Inflammation Score:-6, Nutrition Score:18.140434897464%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 350.68kcal (17.53%), Fat: 5.47g (8.42%), Saturated Fat: 1.06g (6.63%), Carbohydrates: 47.04g (15.68%), Net Carbohydrates: 43.17g (15.7%), Sugar: 26.65g (29.62%), Cholesterol: 72.57mg (24.19%), Sodium: 505.59mg (21.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.4g (56.8%), Selenium: 50.43µg (72.04%), Vitamin B3: 13.37mg (66.83%), Vitamin B6: 0.99mg (49.44%), Phosphorus: 316.77mg (31.68%), Manganese: 0.51mg (25.3%), Vitamin B5: 1.92mg (19.17%), Vitamin B1: 0.28mg (18.54%), Potassium: 636.83mg (18.2%), Vitamin B2: 0.27mg (15.99%), Fiber: 3.88g (15.51%), Folate: 59.89µg (14.97%), Magnesium: 56.98mg (14.25%), Iron: 1.91mg (10.61%), Vitamin C: 7.59mg (9.2%), Zinc: 1.32mg (8.81%), Copper: 0.15mg (7.29%), Calcium: 57.92mg (5.79%), Vitamin E: 0.59mg (3.94%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 166.56IU (3.33%), Vitamin K: 1.89µg (1.8%)