



Open chicken Caesar sandwich

 Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 chicken breast skinless
- ☐ 1 tsp unrefined sunflower oil
- ☐ 2 little gem lettuces
- ☐ 2 tbsp greek yogurt low-fat
- ☐ 1 tbsp parmesan grated
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tsp caper roughly chopped
- ☐ 2 slices bread thick

☐ 1 small garlic clove cut in half

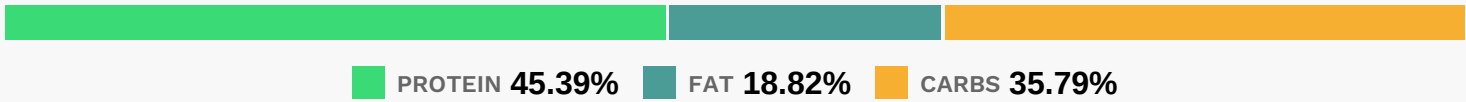
Equipment

☐ frying pan

Directions

- ☐ Heat a griddle pan. Rub the chicken with the oil, season with salt and pepper, then griddle for 7 mins each side or until cooked through. Set aside to rest.
- ☐ Meanwhile, separate the lettuce leaves.
- ☐ Mix the crme frache, parmesan, lemon juice and capers with 1 tbsp cold water, then season to taste.
- ☐ Toast the bread and rub with the cut side of the garlic, then crush the garlic and add to the dressing. Slice the warm chicken breasts on the diagonal, then top the toast with lettuce leaves, sliced chicken breast and a drizzle of the Caesar dressing. Finish with a few shavings of parmesan.

Nutrition Facts



Properties

Glycemic Index:73.83, Glycemic Load:15.46, Inflammation Score:-10, Nutrition Score:58.758695638698%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 560.84kcal (28.04%), Fat: 12.39g (19.06%), Saturated Fat: 2.79g (17.46%), Carbohydrates: 53g (17.67%), Net Carbohydrates: 39.33g (14.3%), Sugar: 27.36g (30.4%), Cholesterol: 147.21mg (49.07%), Sodium: 491.48mg (21.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.22g (134.45%), Vitamin C: 198.79mg (240.96%), Vitamin B6: 4.22mg (210.92%), Vitamin B3: 30.69mg (153.43%), Selenium: 83.44µg (119.21%), Manganese: 2.38mg (118.88%), Vitamin B2: 1.92mg (112.82%), Potassium: 3860.58mg (110.3%), Phosphorus: 961.6mg (96.16%), Folate:

363.36µg (90.84%), Magnesium: 265.11mg (66.28%), Fiber: 13.67g (54.68%), Vitamin B1: 0.81mg (53.97%), Vitamin B5: 5.24mg (52.37%), Vitamin A: 2364.55IU (47.29%), Copper: 0.69mg (34.53%), Vitamin K: 36.25µg (34.52%), Zinc: 4.98mg (33.21%), Iron: 5.88mg (32.66%), Calcium: 266.96mg (26.7%), Vitamin E: 2.79mg (18.62%), Vitamin B12: 0.48µg (8.03%), Vitamin D: 0.24µg (1.59%)