



Open-Face Chicken Capri Baguette

READY IN



14 min.

SERVINGS



6

CALORIES



161 kcal

Ingredients

- ☐ 1.5 teaspoons balsamic vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 16 inch baguette split french
- ☐ 1 cup basil leaves fresh loosely packed
- ☐ 1 clove garlic minced
- ☐ 2 tablespoons nonfat mayonnaise
- ☐ 3 ounces part-skim mozzarella cheese thinly sliced
- ☐ 0.5 cup purple onion separated very thinly sliced ()
- ☐ 12 ounces roasted chicken breast boneless skinless sliced

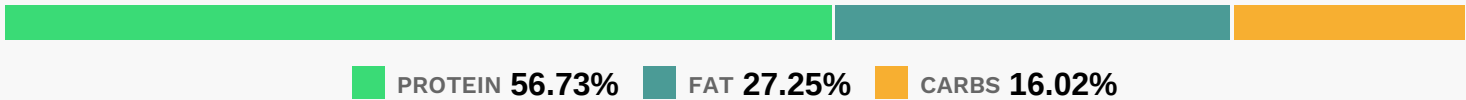
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Combine first 4 ingredients in a small bowl, stirring well.
- ☐ Spread mayonnaise mixture evenly on cut sides of baguette halves. Arrange basil leaves over mayonnaise mixture.
- ☐ Layer chicken, onion, and cheese on top of basil. Broil 3 inches from heat (with electric oven door partially opened) 2 minutes or until cheese melts.
- ☐ Cut each baguette half into 3 equal pieces.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.79, Glycemic Load:2.7, Inflammation Score:-4, Nutrition Score:9.5452174440674%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 160.64kcal (8.03%), Fat: 4.72g (7.26%), Saturated Fat: 2.09g (13.03%), Carbohydrates: 6.24g (2.08%), Net Carbohydrates: 5.6g (2.04%), Sugar: 1.76g (1.96%), Cholesterol: 57.69mg (19.23%), Sodium: 236.9mg (10.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.1g (44.19%), Vitamin B3: 8.17mg (40.83%), Selenium: 19.87µg (28.38%), Phosphorus: 211.38mg (21.14%), Vitamin B6: 0.39mg (19.36%), Vitamin K: 18.45µg (17.57%), Calcium: 139.71mg (13.97%), Vitamin B2: 0.14mg (8.17%), Zinc: 1.09mg (7.28%), Magnesium: 26.93mg (6.73%), Manganese: 0.13mg (6.35%), Vitamin B1: 0.09mg (6.33%), Vitamin B5: 0.62mg (6.19%), Iron: 1.07mg (5.96%), Potassium: 206.16mg (5.89%), Vitamin A: 293.17IU (5.86%), Vitamin B12: 0.31µg (5.15%), Folate: 16.23µg (4.06%), Copper: 0.06mg (3.24%), Fiber: 0.64g (2.56%), Vitamin C: 1.87mg (2.27%), Vitamin E: 0.24mg (1.59%)