



Open-face Grilled Chicken-and-Pepper Sandwiches with Grilled Romaine Wedges

READY IN



30 min.

SERVINGS



4

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 0.3 cup olive oil extra virgin divided
- ☐ 4 ounces mozzarella fresh sliced
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons juice of lemon fresh divided
- ☐ 4 slices bread whole (1/4- to 3/4-inch-thick)
- ☐ 1 tablespoon pinenuts toasted
- ☐ 2 the of 1 cos lettuce with core intact halved lengthwise

- ☐ 4 chicken breast boneless skinless
- ☐ 3 small bell pepper mixed red yellow quartered (such as , , and orange)

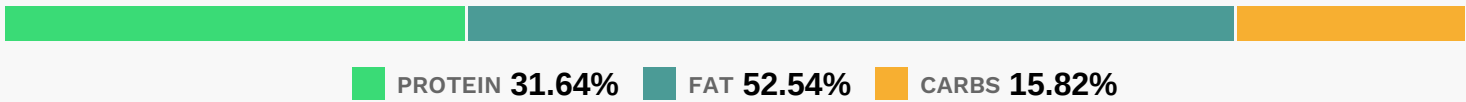
Equipment

- ☐ bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Preheat grill to medium-high heat (350 to 40
- ☐ or heat grill pan over medium-high heat.
- ☐ Combine 1 tablespoon lemon juice, 2 tablespoons olive oil, and 1/4 teaspoon each kosher salt and black pepper in a bowl.
- ☐ Add chicken, tossing to coat.
- ☐ Let marinate 10 minutes.
- ☐ Grill bread, turning once, 3 minutes or until toasted; set aside.
- ☐ Brush romaine halves evenly with 1 tablespoon olive oil. Grill romaine halves 1 to 2 minutes or until grill marks appear. Set aside. Grill peppers, turning once, 5 to 7 minutes or until tender.
- ☐ Cut peppers into strips, and set aside.
- ☐ Grill chicken, turning once, 8 minutes or until cooked through.
- ☐ Divide grilled peppers and chicken among bread slices; top with mozzarella.
- ☐ Drizzle romaine halves with remaining 1 tablespoon olive oil and remaining 1 tablespoon lemon juice.
- ☐ Sprinkle with pine nuts, kosher salt, and black pepper.

Nutrition Facts



Properties

Glycemic Index:40.17, Glycemic Load:8.12, Inflammation Score:-10, Nutrition Score:29.626521908719%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 439.86kcal (21.99%), Fat: 25.7g (39.53%), Saturated Fat: 6.6g (41.26%), Carbohydrates: 17.41g (5.8%), Net Carbohydrates: 14.13g (5.14%), Sugar: 4.3g (4.78%), Cholesterol: 94.72mg (31.57%), Sodium: 632.38mg (27.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.82g (69.64%), Vitamin C: 75.88mg (91.97%), Selenium: 48.35µg (69.06%), Vitamin B3: 13.76mg (68.8%), Vitamin A: 3185.21IU (63.7%), Vitamin B6: 1.1mg (54.76%), Manganese: 0.94mg (47.07%), Phosphorus: 430.78mg (43.08%), Vitamin K: 29.77µg (28.35%), Vitamin E: 3.5mg (23.36%), Vitamin B5: 2.06mg (20.57%), Calcium: 204.51mg (20.45%), Potassium: 685.48mg (19.59%), Magnesium: 72.13mg (18.03%), Vitamin B2: 0.3mg (17.84%), Folate: 65.2µg (16.3%), Vitamin B1: 0.24mg (16.09%), Zinc: 2.31mg (15.42%), Vitamin B12: 0.87µg (14.54%), Fiber: 3.28g (13.12%), Iron: 1.87mg (10.36%), Copper: 0.15mg (7.44%), Vitamin D: 0.23µg (1.51%)