



WHATSheATE



Open-Faced Apricot-Chipotle Chicken Club

READY IN



15 min.

SERVINGS



4

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 tablespoons apricot preserves
- ☐ 2.3 teaspoons chipotles in adobo canned chopped
- ☐ 0.5 ounce cheddar cheese reduced-fat
- ☐ 1.5 cups chicken breast shredded boneless skinless
- ☐ 4 leaf curly kale leaves green
- ☐ 2 tablespoons mayonnaise
- ☐ 4 servings radishes
- ☐ 2 bacon crumbled cooked
- ☐ 8 ounce bread country-style

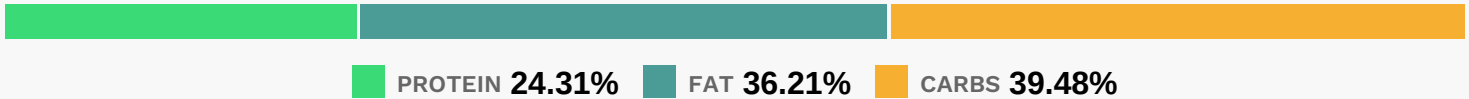
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Arrange bread in a single layer on a baking sheet. Broil 1 minute on each side or until lightly toasted.
- ☐ Place 2 cheese slices on each bread slice. Broil 1 minute or until cheese melts.
- ☐ Remove from oven.
- ☐ Combine preserves, mayonnaise, and chipotle in a small bowl. Top each bread slice, cheese side up, with about 1 tablespoon preserves mixture, 1 lettuce leaf, and about 1/3 cup chicken.
- ☐ Sprinkle bacon evenly over servings.

Nutrition Facts



Properties

Glycemic Index:44.67, Glycemic Load:15.04, Inflammation Score:-5, Nutrition Score:18.07434780183%

Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 357.62kcal (17.88%), Fat: 14.36g (22.09%), Saturated Fat: 3.72g (23.22%), Carbohydrates: 35.22g (11.74%), Net Carbohydrates: 30.56g (11.11%), Sugar: 9.25g (10.28%), Cholesterol: 49.74mg (16.58%), Sodium: 488.77mg (21.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.69g (43.38%), Manganese: 1.27mg (63.43%),

Selenium: 36.61µg (52.3%), Vitamin B3: 8.98mg (44.89%), Vitamin B6: 0.62mg (31.03%), Phosphorus: 284.13mg (28.41%), Vitamin B1: 0.3mg (19.83%), Fiber: 4.66g (18.65%), Vitamin K: 18.04µg (17.18%), Magnesium: 67.06mg (16.77%), Potassium: 522.49mg (14.93%), Calcium: 138.76mg (13.88%), Vitamin B5: 1.38mg (13.78%), Vitamin C: 10.45mg (12.67%), Vitamin B2: 0.2mg (11.91%), Zinc: 1.77mg (11.77%), Iron: 2.06mg (11.44%), Folate: 42.16µg (10.54%), Copper: 0.19mg (9.61%), Vitamin E: 0.74mg (4.9%), Vitamin B12: 0.21µg (3.56%), Vitamin A: 166.58IU (3.33%)