



Open-Faced Chicken Club Sandwiches

 Dairy Free

READY IN



23 min.

SERVINGS



4

CALORIES



610 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado ripe peeled mashed
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon kosher salt divided
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 4 pieces curly leaf lettuce green
- ☐ 3 tablespoons mayonnaise
- ☐ 1 tablespoon olive oil
- ☐ 2 plum tomatoes cut into 6 slices

- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 4 ounce sourdough bread toasted
- ☐ 4 slices bacon cooked drained

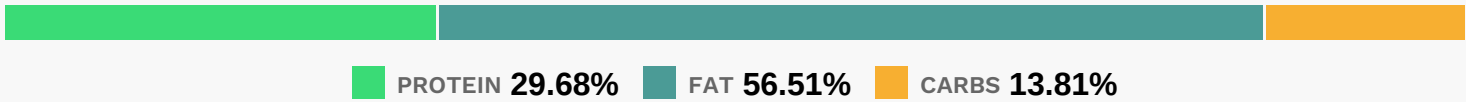
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Sprinkle chicken evenly with 1/8 teaspoon salt and pepper.
- ☐ Add chicken to pan; saut 6 minutes on each side or until done.
- ☐ Remove from pan; let stand 5 minutes. Slice.
- ☐ Combine remaining 1/8 teaspoon salt, juice, mayonnaise, and avocado in a small bowl; stir until well blended.
- ☐ Spread about 3 tablespoons avocado mixture over each bread slice. Top each sandwich with 1 lettuce leaf, 1 chicken breast half, 3 tomato slices, and 1 bacon slice.

Nutrition Facts



Properties

Glycemic Index:60.13, Glycemic Load:12.07, Inflammation Score:-7, Nutrition Score:28.056521726691%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg
Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 610.48kcal (30.52%), Fat: 38.19g (58.76%), Saturated Fat: 8.69g (54.34%), Carbohydrates: 21.01g (7%),
Net Carbohydrates: 16.59g (6.03%), Sugar: 2.59g (2.88%), Cholesterol: 137.03mg (45.68%), Sodium: 823.78mg
(35.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.13g (90.26%), Vitamin B3: 21.62mg (108.11%),
Selenium: 70.23µg (100.33%), Vitamin B6: 1.56mg (77.87%), Phosphorus: 475.27mg (47.53%), Vitamin B5: 3.47mg
(34.68%), Vitamin K: 34.23µg (32.6%), Vitamin B1: 0.46mg (30.48%), Potassium: 1059.33mg (30.27%), Vitamin B2:
0.39mg (23.23%), Folate: 88.45µg (22.11%), Magnesium: 76.2mg (19.05%), Fiber: 4.41g (17.66%), Vitamin E: 2.6mg
(17.34%), Manganese: 0.3mg (15.23%), Vitamin C: 12.37mg (15%), Zinc: 2.1mg (14.01%), Iron: 2.31mg (12.84%), Copper:
0.22mg (11.12%), Vitamin A: 477.65IU (9.55%), Vitamin B12: 0.53µg (8.88%), Calcium: 36.21mg (3.62%), Vitamin D:
0.34µg (2.23%)