



WHATSheATE



Open-Faced Chicken Sandwiches with Green Pea Spread and Parmesan

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup arugula
- ☐ 0.5 teaspoon pepper black divided
- ☐ 2 garlic clove
- ☐ 0.1 teaspoon ground pepper red
- ☐ 3.5 teaspoons juice of lemon fresh divided
- ☐ 0.3 teaspoon lemon zest grated
- ☐ 3 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 0.3 cup parmesan shaved

- ☐ 2 tablespoons parsley chopped
- ☐ 1.5 cups peas green frozen
- ☐ 0.5 teaspoon salt divided
- ☐ 10 ounce chicken breast boneless skinless halved lengthwise
- ☐ 4 ounce sourdough bread
- ☐ 2 tablespoons water

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ broiler
- ☐ grill pan

Directions

- ☐ Preheat broiler to high.
- ☐ Heat a grill pan over medium-high heat; coat with cooking spray.
- ☐ Sprinkle chicken evenly with 1/4 teaspoon salt and 1/4 teaspoon black pepper; cook 5 minutes on each side or until done.
- ☐ Remove from pan; thinly slice.
- ☐ Combine peas, parsley, 3 tablespoons oil, 2 tablespoons water, and garlic in a small saucepan. Bring to a simmer; cook 2 minutes.
- ☐ Place pea mixture, rind, 1 tablespoon juice, remaining 1/4 teaspoon salt, and red pepper in a mini food processor; process until smooth.
- ☐ Broil bread slices 1 minute on each side or until toasted.
- ☐ Combine arugula, remaining 1/2 teaspoon oil, and remaining 1/2 teaspoon juice.
- ☐ Spread pea mixture evenly over bread slices; top with arugula mixture and chicken.
- ☐ Sprinkle with Parmesan cheese and remaining 1/4 teaspoon black pepper.

Nutrition Facts



Properties

Glycemic Index:77.46, Glycemic Load:13.72, Inflammation Score:-7, Nutrition Score:20.56869589505%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg, Hesperetin: 0.63mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg, Kaempferol: 1.78mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 325.32kcal (16.27%), Fat: 14.94g (22.98%), Saturated Fat: 3.08g (19.25%), Carbohydrates: 24.07g (8.02%), Net Carbohydrates: 20.06g (7.29%), Sugar: 4.7g (5.22%), Cholesterol: 49.61mg (16.54%), Sodium: 649.84mg (28.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.62g (47.25%), Vitamin K: 58.99µg (56.18%), Vitamin B3: 9.98mg (49.88%), Selenium: 33.43µg (47.75%), Vitamin C: 28.38mg (34.4%), Vitamin B6: 0.69mg (34.36%), Phosphorus: 287.7mg (28.77%), Vitamin B1: 0.4mg (26.82%), Manganese: 0.46mg (23.11%), Folate: 82.42µg (20.61%), Vitamin B2: 0.29mg (17.3%), Fiber: 4.01g (16.03%), Vitamin A: 801.01IU (16.02%), Iron: 2.54mg (14.1%), Potassium: 478.82mg (13.68%), Magnesium: 52.8mg (13.2%), Vitamin B5: 1.24mg (12.38%), Vitamin E: 1.86mg (12.38%), Calcium: 121.49mg (12.15%), Zinc: 1.62mg (10.82%), Copper: 0.18mg (8.85%), Vitamin B12: 0.22µg (3.61%)