



Open-Faced Mediterranean Grilled Chicken Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons basil fresh chopped
- ☐ 6 ounce bread french italian
- ☐ 2 plum tomatoes thinly sliced
- ☐ 4 slices provolone cheese light deli style reduced-fat (such as Sargento)
- ☐ 1.5 cups romaine lettuce shredded
- ☐ 16 ounce chicken breast halves boneless skinless
- ☐ 0.5 cup sun-dried tomato dressing divided kraft (such as)

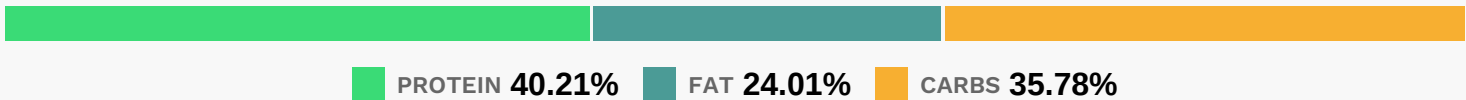
Equipment

- ☐ plastic wrap
- ☐ grill
- ☐ ziploc bags
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place each chicken breast half between 2 sheets of heavy-duty plastic wrap; flatten to 1/2-inch thickness, using a meat mallet or rolling pin.
- ☐ Combine chicken breast halves and 1/2 cup dressing in a heavy-duty zip-top plastic bag; seal bag securely, and marinate in refrigerator at least 8 hours.
- ☐ Prepare grill.
- ☐ Remove chicken from marinade, discarding marinade.
- ☐ Place chicken on grill rack coated with cooking spray; grill, covered, 4 minutes on each side or until done. Top with cheese, and grill 1 minute or until cheese melts. Coat bread with cooking spray; grill, covered, 1 minute on each side or until toasted.
- ☐ Toss lettuce with 1 tablespoon dressing. Top bread slices evenly with lettuce and tomato.
- ☐ Place a chicken breast over each.
- ☐ Sprinkle with basil and pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:69.38, Glycemic Load:19.25, Inflammation Score:-9, Nutrition Score:26.472608519637%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 356.01kcal (17.8%), Fat: 9.55g (14.69%), Saturated Fat: 4.19g (26.21%), Carbohydrates: 32.02g (10.67%), Net Carbohydrates: 28.61g (10.41%), Sugar: 8.27g (9.19%), Cholesterol: 85.68mg (28.56%), Sodium: 543.37mg (23.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.97g (71.95%), Vitamin B3: 15.39mg (76.96%), Selenium: 52.04µg (74.34%), Vitamin B6: 0.99mg (49.63%), Phosphorus: 438.93mg (43.89%), Vitamin A: 2118.08IU (42.36%), Vitamin B1: 0.47mg (31.67%), Potassium: 1085.98mg (31.03%), Manganese: 0.57mg (28.74%), Vitamin K: 27.78µg (26.46%), Vitamin B2: 0.44mg (25.95%), Folate: 96.77µg (24.19%), Vitamin B5: 2.19mg (21.9%), Iron: 3.7mg (20.55%), Magnesium: 81.21mg (20.3%), Calcium: 196.11mg (19.61%), Copper: 0.32mg (16.2%), Vitamin C: 11.71mg (14.2%), Zinc: 2.08mg (13.88%), Fiber: 3.4g (13.61%), Vitamin B12: 0.5µg (8.4%), Vitamin E: 0.54mg (3.61%), Vitamin D: 0.21µg (1.39%)