



Overload

READY IN



40 min.

SERVINGS



11

CALORIES



783 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 8 slices cheese
- 1 lb chicken dried washed cut into finger size pieces
- 4 slices bacon cooked
- 0.1 teaspoon basil dried
- 0.5 teaspoon basil dried
- 4 ounces dehydrated onion dried sliced into rings and towel
- 0.5 teaspoon thyme dried
- 2 eggs lightly beaten

- 0.8 cup flour
- 0.5 teaspoon garlic powder
- 0.3 cup catsup
- 1 tablespoon juice of lemon fresh
- 0.5 cup mayonnaise
- 0.3 cup parmesan cheese grated
- 6 drops hot sauce hot to taste
- 4 ounces portabello mushrooms
- 2 potatoes - remove skin red cold julienned
- 4 portugese rolls toasted sliced
- 2.3 cups shortening
- 1 tablespoon worcestershire sauce

Equipment

- frying pan
- paper towels
- oven
- broiler

Directions

- Mix together creamy sauce ingredients place in refrigerator
- Mix flour with seasonings
- Towel dry potatoes set aside
- Dip chicken in egg then flour set aside follow with onion rings, mushrooms
- Dust the potatoes in the last of the seasoned flour
- Heat pan with shortening to 360 degrees
- Fry without over crowding chicken, then onions rings, mushrooms then potatoes
- These will fry quickly, potatoes taking a bit longer
- Draining on paper towels, seasoning with salt and pepper keep warm in a 200 degree oven

- Place 2 slices of cheese on each roll
- Distribute all the rest of desired ingredients on the cheese
- Place under broiler to sizzle up just a couple seconds
- Pile on sauce and optional Cole slaw
- Garnish with fresh basil

Nutrition Facts

PROTEIN 8.09% **FAT 73.23%** **CARBS 18.68%**

Properties

Glycemic Index:23.82, Glycemic Load:13.23, Inflammation Score:-5, Nutrition Score:15.610869646072%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 783kcal (39.15%), Fat: 64.47g (99.18%), Saturated Fat: 17.82g (111.4%), Carbohydrates: 36.99g (12.33%), Net Carbohydrates: 34.54g (12.56%), Sugar: 8.12g (9.02%), Cholesterol: 74.1mg (24.7%), Sodium: 530.68mg (23.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.03g (32.07%), Vitamin K: 44.19µg (42.09%), Iron: 5.41mg (30.07%), Selenium: 19.19µg (27.41%), Phosphorus: 245.1mg (24.51%), Vitamin E: 3.47mg (23.13%), Calcium: 211.88mg (21.19%), Vitamin B6: 0.38mg (19.09%), Vitamin B3: 3.31mg (16.54%), Vitamin C: 12.84mg (15.56%), Vitamin B2: 0.26mg (15.31%), Manganese: 0.3mg (14.91%), Potassium: 514.01mg (14.69%), Vitamin B1: 0.21mg (13.79%), Folate: 53.89µg (13.47%), Zinc: 1.78mg (11.85%), Vitamin B5: 1.15mg (11.53%), Fiber: 2.45g (9.79%), Copper: 0.18mg (8.85%), Magnesium: 34.04mg (8.51%), Vitamin B12: 0.43µg (7.14%), Vitamin A: 348.77IU (6.98%), Vitamin D: 0.4µg (2.64%)