



Pan-Seared Chicken Sandwich With Roasted Garlic Aioli

READY IN



45 min.

SERVINGS



4

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 garlic heads whole
- 4 leaf lettuce leaves red
- 0.3 cup mayonnaise reduced-fat
- 0.3 cup parmesan cheese grated
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 8 ounce sandwich buns split
- 16 ounce skinned

- 2 inch tomatoes

Equipment

- bowl
- frying pan
- oven
- plastic wrap
- aluminum foil
- wax paper
- rolling pin
- meat tenderizer

Directions

- Remove white papery skin from garlic heads (do not peel or separate the cloves). Coat each head with cooking spray; wrap separately in foil.
- Bake at 350 for 1 hour; let cool 10 minutes. Separate cloves; carefully snip or cut 1 end of each clove. Squeeze cloves over a small bowl to extract garlic pulp. Discard skins.
- Sprinkle Parmesan cheese over garlic pulp; mash with a fork until blended. Stir in mayonnaise until blended. Cover tightly with plastic wrap pressed onto surface of aioli; chill.
- Place chicken breasts between 2 sheets of heavy-duty plastic wrap or wax paper; flatten to 1/4-inch thickness, using a meat mallet or rolling pin (if chicken breasts are very large, cut in half, crosswise).
- Sprinkle salt and pepper over 1 side of each chicken breast.
- Place a large nonstick skillet over medium-high heat until hot. Coat chicken breasts with cooking spray.
- Add chicken breasts, seasoned side down; cook 2 minutes on each side or until done.
- Remove from pan, and keep warm. Coat cut sides of buns with cooking spray; place in skillet, cut sides down, and cook until lightly toasted.
- Spread 1 tablespoon garlic aioli over toasted sides of each bun. Divide chicken evenly among bottom halves of buns; top with lettuce, tomato, and top halves of buns.
- Serve immediately.

Nutrition Facts

PROTEIN 36.3% FAT 26.39% CARBS 37.31%

Properties

Glycemic Index:25, Glycemic Load:0.17, Inflammation Score:-5, Nutrition Score:18.770434646503%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 357.94kcal (17.9%), Fat: 10.25g (15.77%), Saturated Fat: 2.44g (15.26%), Carbohydrates: 32.6g (10.87%), Net Carbohydrates: 31.2g (11.35%), Sugar: 1.56g (1.73%), Cholesterol: 80.25mg (26.75%), Sodium: 811.08mg (35.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.72g (63.44%), Selenium: 61.24µg (87.49%), Vitamin B3: 14.26mg (71.3%), Vitamin B6: 0.9mg (44.78%), Phosphorus: 339.64mg (33.96%), Vitamin B1: 0.35mg (23.38%), Vitamin B2: 0.33mg (19.32%), Vitamin B5: 1.89mg (18.9%), Manganese: 0.33mg (16.45%), Folate: 59.95µg (14.99%), Potassium: 509.23mg (14.55%), Iron: 2.38mg (13.23%), Magnesium: 48.11mg (12.03%), Calcium: 119.44mg (11.94%), Zinc: 1.49mg (9.96%), Vitamin K: 9.92µg (9.45%), Copper: 0.14mg (6.77%), Fiber: 1.39g (5.57%), Vitamin E: 0.8mg (5.35%), Vitamin B12: 0.31µg (5.19%), Vitamin A: 184.2IU (3.68%), Vitamin C: 2.04mg (2.47%)