



Paprika chicken ciabattas

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



750 kcal

Ingredients

- ☐ 4 chicken breast skinless
- ☐ 1 juice of lemon
- ☐ 1 tbsp paprika smoked
- ☐ 4 servings olive oil for drizzling
- ☐ 1 ciabatta bread
- ☐ 1 garlic clove crushed
- ☐ 4 tbsp mayonnaise
- ☐ 8 the of 1 cos lettuce

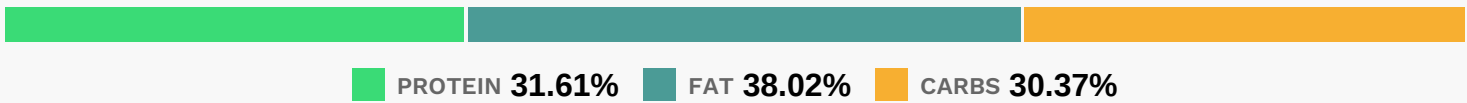
Equipment

- ☐ frying pan
- ☐ rolling pin

Directions

- ☐ Cut the chicken breasts in half horizontally and lay each between two sheets of cling film. Bash with a rolling pin until about 1cm thick.
- ☐ Squeeze lemon juice over the chicken and dust with the paprika. Season with salt and pepper, and drizzle with a little olive oil.
- ☐ Lay on a hot griddle pan or barbecue and cook for 3–4 mins on each side until charred and cooked through.
- ☐ Halve the ciabatta horizontally and lay, cut side down, on the pan for 1 min.
- ☐ Mix the crushed garlic and mayonnaise, then spread over the cut side of each ciabatta half. Top with the lettuce and chicken, then season with a little salt and pepper.
- ☐ Cut in half to serve.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:0.16, Inflammation Score:-10, Nutrition Score:32.653043632922%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 750.09kcal (37.5%), Fat: 31.38g (48.27%), Saturated Fat: 5.34g (33.38%), Carbohydrates: 56.39g (18.8%), Net Carbohydrates: 53.33g (19.39%), Sugar: 1.12g (1.25%), Cholesterol: 150.44mg (50.15%), Sodium: 907.19mg (39.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.69g (117.37%), Vitamin B3: 23.94mg (119.68%), Vitamin A: 5816.83IU (116.34%), Selenium: 73.09µg (104.41%), Vitamin B6: 1.79mg (89.28%), Vitamin K: 90.19µg (85.9%), Phosphorus: 501.54mg (50.15%), Vitamin B5: 3.38mg (33.82%), Potassium: 1028.05mg (29.37%), Vitamin

E: 3.49mg (23.28%), Folate: 88.27µg (22.07%), Magnesium: 70.49mg (17.62%), Vitamin B2: 0.29mg (17.04%),
Vitamin B1: 0.2mg (13.03%), Fiber: 3.06g (12.25%), Iron: 1.88mg (10.42%), Zinc: 1.55mg (10.32%), Vitamin C: 8.1mg
(9.82%), Manganese: 0.16mg (8.15%), Vitamin B12: 0.47µg (7.81%), Copper: 0.11mg (5.32%), Calcium: 36.84mg
(3.68%), Vitamin D: 0.25µg (1.69%)