



Pesto and Roasted-Vegetable Sandwich Loaf

READY IN



140 min.

SERVINGS



16

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 medium bell pepper red cut into 12 pieces
- ☐ 1 medium bell pepper yellow cut into 12 pieces
- ☐ 1 cup mushrooms fresh whole cut in half
- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons salad dressing
- ☐ 2 cups roasted chicken diced cooked
- ☐ 0.5 cup salad dressing
- ☐ 0.3 cup basil pesto

- ☐ 15 ounces bread italian
- ☐ 8 ounces cream cheese with chives and onions soft
- ☐ 1 serving the petals from dandelion flowers fresh

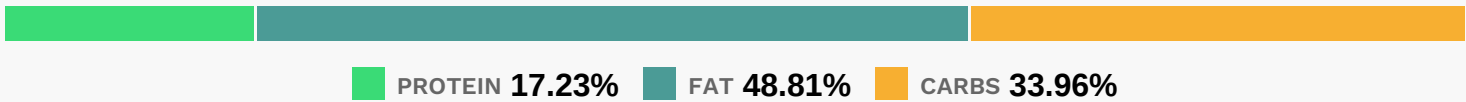
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 450°F. Spray jelly roll pan, 15 1/2x10 1/2x1 inch, with cooking spray. Toss bell peppers and mushrooms with oil in pan.
- ☐ Bake uncovered 15 to 20 minutes or until crisp-tender. Refrigerate 15 minutes to chill.
- ☐ Coarsely chop roasted vegetables.
- ☐ Mix chopped vegetables, parsley and 2 tablespoons mayonnaise; set aside.
- ☐ Mix chicken, 1/2 cup mayonnaise and the pesto.
- ☐ Cut bread horizontally into 4 layers.
- ☐ Place bottom layer on plate or tray.
- ☐ Spread with half of the pesto filling. Top with bread layer. Spoon vegetable filling over bread layer. Top with bread layer.
- ☐ Spread with remaining pesto filling. Top with remaining bread layer.
- ☐ Spread cream cheese over outside of sandwich loaf. Refrigerate at least 1 hour before serving.
- ☐ Garnish loaf with fresh herbs.
- ☐ Cut into 8 slices; cut each slice in half. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:12.72, Glycemic Load:10.99, Inflammation Score:-5, Nutrition Score:8.4947825391655%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 200.94kcal (10.05%), Fat: 10.94g (16.84%), Saturated Fat: 3.98g (24.86%), Carbohydrates: 17.14g (5.71%), Net Carbohydrates: 16.19g (5.89%), Sugar: 3.3g (3.67%), Cholesterol: 27.75mg (9.25%), Sodium: 345.19mg (15.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.69g (17.38%), Vitamin C: 24mg (29.09%), Selenium: 13.9µg (19.85%), Vitamin B3: 3.05mg (15.24%), Vitamin K: 15.7µg (14.96%), Vitamin B1: 0.22mg (14.4%), Vitamin B2: 0.2mg (12.04%), Vitamin A: 568.8IU (11.38%), Folate: 41.98µg (10.49%), Phosphorus: 87.25mg (8.73%), Manganese: 0.17mg (8.36%), Iron: 1.48mg (8.2%), Vitamin B6: 0.15mg (7.74%), Vitamin B5: 0.47mg (4.68%), Zinc: 0.69mg (4.58%), Potassium: 151.18mg (4.32%), Copper: 0.08mg (4.18%), Magnesium: 16.52mg (4.13%), Calcium: 39.3mg (3.93%), Fiber: 0.95g (3.8%), Vitamin E: 0.57mg (3.79%), Vitamin B12: 0.08µg (1.41%)