



Pesto Chicken Salad Sandwiches

READY IN



45 min.

SERVINGS



10

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 pound bread toasted cut into 20 slices cut in half horizontally, , and
- ☐ 1 cup celery diced
- ☐ 4 cups chicken breast boneless skinless cubed
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 0.5 cup mayonnaise low-fat
- ☐ 0.3 cup basil pesto (such as Buitoni)
- ☐ 12 ounce roasted peppers red drained chopped

- ☐ 10 the of 1 cos lettuce
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup walnut pieces toasted chopped

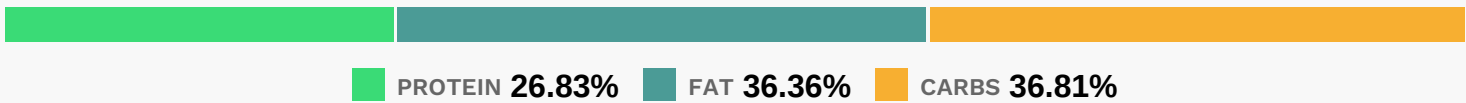
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a large bowl, stirring with a whisk. Stir in chicken, celery, and walnuts.
- ☐ Spread 1/2 cup of salad onto each of 10 bread slices. Top each serving with about 2 tablespoons bell pepper, 1 lettuce leaf, and one bread slice.

Nutrition Facts



Properties

Glycemic Index:14.27, Glycemic Load:11.69, Inflammation Score:-9, Nutrition Score:20.32217393362%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 294.46kcal (14.72%), Fat: 11.92g (18.34%), Saturated Fat: 1.85g (11.58%), Carbohydrates: 27.17g (9.06%), Net Carbohydrates: 23.77g (8.64%), Sugar: 4.52g (5.02%), Cholesterol: 41.02mg (13.67%), Sodium: 1052.8mg (45.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.79g (39.59%), Vitamin A: 2856.49IU (57.13%), Selenium: 33.3µg (47.57%), Vitamin B3: 9.16mg (45.79%), Manganese: 0.81mg (40.28%), Vitamin K: 40.3µg (38.38%), Vitamin B6: 0.62mg (30.77%), Folate: 93.83µg (23.46%), Vitamin C: 19.06mg (23.1%), Phosphorus: 230.47mg (23.05%), Vitamin B1: 0.27mg (18.29%), Iron: 2.62mg (14.53%), Vitamin B5: 1.39mg (13.9%), Vitamin B2:

0.23mg (13.79%), Potassium: 476.21mg (13.61%), Fiber: 3.4g (13.59%), Magnesium: 51.22mg (12.8%), Calcium: 121.63mg (12.16%), Copper: 0.21mg (10.58%), Zinc: 1.17mg (7.79%), Vitamin E: 0.54mg (3.61%), Vitamin B12: 0.17µg (2.83%)