



Pesto-Chicken Sandwiches

READY IN



20 min.

SERVINGS



1

CALORIES



1501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup basil pesto
- ☐ 0.5 cup celery stalks chopped
- ☐ 1 cup roasted chicken cooked
- ☐ 0.5 cup lettuce shredded
- ☐ 2 tablespoons parmesan cheese freshly grated
- ☐ 10 ounces uncook pizza crust italian ready-to-serve (7 inches in diameter)
- ☐ 1 tablespoon vegetable oil

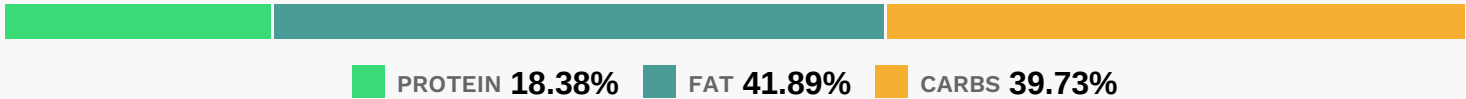
Equipment

☐ frying pan

Directions

- ☐ Heat pizza crusts as directed on package if desired.
- ☐ Meanwhile, heat oil in 10-inch skillet over medium-high heat. Cook celery in oil 4 to 5 minutes, stirring occasionally, until crisp-tender; reduce heat. Stir in chicken and pesto. Cook, stirring occasionally, until hot.
- ☐ Spoon chicken mixture onto pizza crusts.
- ☐ Mix cheese and lettuce; sprinkle over chicken mixture.
- ☐ Cut each pizza crust in half.

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:0.43, Inflammation Score:-8, Nutrition Score:23.030000400284%

Flavonoids

Apigenin: 1.49mg, Apigenin: 1.49mg, Apigenin: 1.49mg, Apigenin: 1.49mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 1501.3kcal (75.07%), Fat: 69.28g (106.58%), Saturated Fat: 17.91g (111.95%), Carbohydrates: 147.86g (49.29%), Net Carbohydrates: 141.02g (51.28%), Sugar: 8.32g (9.24%), Cholesterol: 120.31mg (40.1%), Sodium: 2600.31mg (113.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 68.38g (136.77%), Iron: 10.18mg (56.56%), Vitamin B3: 11.25mg (56.24%), Selenium: 38.18µg (54.54%), Calcium: 522.67mg (52.27%), Vitamin K: 48.65µg (46.34%), Vitamin A: 2217.93IU (44.36%), Phosphorus: 351.52mg (35.15%), Vitamin B6: 0.63mg (31.73%), Fiber: 6.84g (27.37%), Zinc: 2.68mg (17.87%), Vitamin B2: 0.28mg (16.36%), Vitamin B5: 1.55mg (15.5%), Potassium: 521.06mg (14.89%), Magnesium: 40.97mg (10.24%), Vitamin E: 1.36mg (9.1%), Folate: 36.22µg (9.05%), Vitamin B12: 0.54µg (9.02%), Vitamin B1: 0.11mg (7.66%), Manganese: 0.13mg (6.47%), Copper: 0.11mg (5.52%), Vitamin C: 2.57mg (3.12%)