



Philly Chicken Sandwiches

READY IN



30 min.

SERVINGS



6

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz meat from a rotisserie chicken shredded skinless
- ☐ 2 medium onions thinly sliced
- ☐ 6 slices provolone cheese
- ☐ 1 bell pepper red seeded thinly sliced
- ☐ 6 servings salt
- ☐ 6 whole-grain sandwich rolls
- ☐ 2 tablespoons vegetable oil

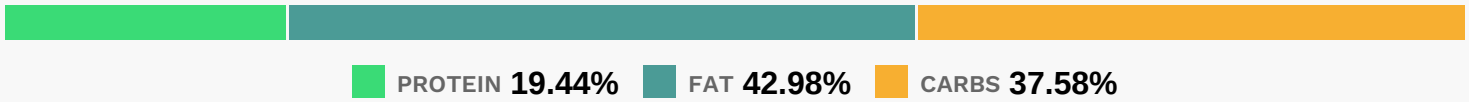
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375F. Warm oil in a medium skillet over medium heat.
- ☐ Add onions and bell pepper and cook, stirring, until softened, 5 to 7 minutes. Stir in chicken and season with salt. Cook, stirring, until heated through.
- ☐ Pile chicken mixture onto bottom halves of rolls. Top each portion with a slice of cheese and top halves of rolls.
- ☐ Place sandwiches on a baking sheet and bake until cheese has melted, about 5 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:1.12, Inflammation Score:-7, Nutrition Score:15.021739280742%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg, Quercetin: 7.49mg

Nutrients (% of daily need)

Calories: 374.87kcal (18.74%), Fat: 17.83g (27.43%), Saturated Fat: 5.94g (37.14%), Carbohydrates: 35.07g (11.69%), Net Carbohydrates: 32.72g (11.9%), Sugar: 3.5g (3.89%), Cholesterol: 41.46mg (13.82%), Sodium: 670.72mg (29.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.14g (36.27%), Selenium: 30.69µg (43.84%), Vitamin C: 28.7mg (34.79%), Vitamin B3: 5.25mg (26.27%), Phosphorus: 222.6mg (22.26%), Vitamin B1: 0.33mg (21.76%), Calcium: 211.89mg (21.19%), Vitamin B2: 0.32mg (19.1%), Folate: 74.41µg (18.6%), Manganese: 0.34mg (17.06%), Vitamin A: 841.83IU (16.84%), Iron: 2.47mg (13.74%), Vitamin B6: 0.27mg (13.39%), Zinc: 1.76mg (11.71%), Vitamin K: 10.78µg (10.27%), Fiber: 2.35g (9.4%), Magnesium: 34.32mg (8.58%), Vitamin B5: 0.78mg (7.76%), Potassium: 254.64mg (7.28%), Vitamin E: 1.09mg (7.25%), Copper: 0.13mg (6.69%), Vitamin B12: 0.39µg (6.58%), Vitamin D: 0.17µg (1.14%)