



Picnic Chicken Loaf

READY IN



15 min.

SERVINGS



4

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 loaf bread french soft (from 1-lb, 22-inch loaf)
- 0.3 cup dijon honey mustard
- 2 tablespoons basil dried fresh chopped
- 2 cups rotisserie chicken cut sliced (from 2- to 2 1/2-lb chicken)
- 4 oz round of président brie sliced
- 0.5 apples i use 2 granny smith apples unpeeled thinly sliced

Equipment

Directions

- Cut bread horizontally in half; spread inside top and bottom evenly with mustard, and sprinkle with tarragon.
- Layer chicken, brie and apple over bottom; cover with top.
- Cut loaf into quarters.

Nutrition Facts



Properties

Glycemic Index:34.88, Glycemic Load:20.87, Inflammation Score:-4, Nutrition Score:12.217391457247%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 495.96kcal (24.8%), Fat: 18.85g (29%), Saturated Fat: 7.81g (48.84%), Carbohydrates: 36.42g (12.14%), Net Carbohydrates: 34.02g (12.37%), Sugar: 7.97g (8.86%), Cholesterol: 141.91mg (47.3%), Sodium: 969.36mg (42.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.35g (88.69%), Vitamin K: 35.79µg (34.09%), Selenium: 18.47µg (26.39%), Vitamin B1: 0.38mg (25.35%), Manganese: 0.48mg (23.78%), Vitamin B2: 0.39mg (22.99%), Iron: 3.92mg (21.78%), Folate: 86.81µg (21.7%), Vitamin B3: 2.64mg (13.18%), Calcium: 124.33mg (12.43%), Phosphorus: 113.78mg (11.38%), Fiber: 2.4g (9.6%), Magnesium: 37.03mg (9.26%), Zinc: 1.35mg (8.97%), Vitamin B6: 0.16mg (7.81%), Vitamin B12: 0.47µg (7.8%), Copper: 0.13mg (6.48%), Potassium: 178.53mg (5.1%), Vitamin B5: 0.39mg (3.93%), Vitamin A: 194.99IU (3.9%), Vitamin E: 0.43mg (2.85%), Vitamin C: 1.06mg (1.29%)