



## Quick Italian Chicken Sandwiches

READY IN



20 min.

SERVINGS



4

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.3 lb chicken breast boneless skinless
- 0.5 cup parmesan cheese grated
- 2 teaspoons seasoning italian
- 0.5 cup water
- 2 tablespoons butter
- 4 portugese rolls split
- 1 leaves lettuce
- 4 oz mozzarella cheese
- 1 cup tomatoes

0.5 cup frangelico

## Equipment

bowl

frying pan

plastic wrap

## Directions

Flatten each chicken breast to about 1/4-inch thickness between sheets of waxed paper or plastic wrap.

In medium bowl, mix Bisquick mix, Parmesan cheese and Italian seasoning. Dip chicken into water, then coat with Bisquick mixture.

In 12-inch nonstick skillet, melt butter over medium heat.

Add chicken; cook 8 to 10 minutes, turning once, until no longer pink in center. Fill buns with chicken, lettuce, mozzarella cheese and pasta sauce.

## Nutrition Facts

  
**PROTEIN 34.7%** **FAT 36.31%** **CARBS 28.99%**

## Properties

Glycemic Index:45.5, Glycemic Load:24.2, Inflammation Score:-7, Nutrition Score:24.243478256723%

## Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 540.47kcal (27.02%), Fat: 21.57g (33.19%), Saturated Fat: 7.68g (48%), Carbohydrates: 38.75g (12.92%), Net Carbohydrates: 36.32g (13.21%), Sugar: 6.89g (7.66%), Cholesterol: 123.99mg (41.33%), Sodium: 1211.71mg (52.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.38g (92.76%), Selenium: 54.97µg (78.53%), Vitamin B3: 15.48mg (77.4%), Iron: 12.32mg (68.44%), Vitamin B6: 1.15mg (57.71%), Phosphorus: 497.3mg (49.73%), Calcium: 295.03mg (29.5%), Vitamin B5: 2.31mg (23.07%), Potassium: 769.28mg (21.98%), Vitamin B12: 1.11µg (18.43%), Vitamin B2: 0.31mg (18.43%), Vitamin A: 884.94IU (17.7%), Zinc: 2.36mg (15.73%), Magnesium: 59.43mg (14.86%), Vitamin E: 1.67mg (11.15%), Fiber: 2.43g (9.73%), Vitamin K: 9.56µg (9.11%), Vitamin B1: 0.12mg (8.04%), Manganese: 0.16mg (7.92%), Vitamin C: 6.08mg (7.37%), Copper: 0.13mg (6.42%), Folate: 16.94µg (4.23%), Vitamin

D: 0.32μg (2.12%)