



## Quick Italian Chicken Sandwiches

READY IN



20 min.

SERVINGS



4

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

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

- 0.5 cup frangelico
- 0.5 cup frangelico

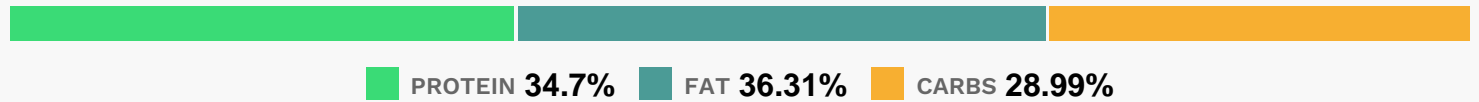
## Equipment

- 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



## 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%)