



Ranch Chicken Sandwiches

READY IN



150 min.

SERVINGS



8

CALORIES



671 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 8 servings bell pepper red crushed for sprinkling, optional
- ☐ 0.5 cup dijon mustard or country/grainy mustard
- ☐ 0.5 cup honey
- ☐ 1 juice of lemon
- ☐ 1 teaspoon paprika
- ☐ 0.5 teaspoon salt
- ☐ 2 cups sharp cheddar grated
- ☐ 4 chicken breasts whole boneless skinless

- ☐ 8 grain buns whole soft
- ☐ 1 pound bacon thick-cut sliced in half

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ plastic wrap
- ☐ grill
- ☐ broiler

Directions

- ☐ Watch how to make this recipe.
- ☐ With a very sharp knife, cut the chicken breasts in half down the middle. This will result in 8 chicken breast pieces that are thinner and uniform in size.
- ☐ Next, make the marinade. In a large bowl mix together the honey, mustard, paprika, salt, pepper to taste, lemon juice and crushed red pepper flakes if using. Stir to combine.
- ☐ Add the chicken to the marinade and toss to coat. Cover the bowl with plastic wrap and marinate in the fridge, 2 to 4 hours.
- ☐ While the chicken marinates, fry up the bacon until chewy. When finished cooking, reserve 1/4 cup of the bacon grease and pour off the rest of the grease (but do not clean the skillet).
- ☐ When you are ready to cook the chicken, remove it from the marinade and cook it in the skillet over medium-high heat, 3 to 4 minutes each side.
- ☐ Brush a little reserved bacon grease on the chicken as you cook it. (Or you can grill the chicken breasts on an indoor or outdoor grill.)
- ☐ When a couple of minutes grilling time are left, lay 2 pieces of bacon onto each chicken breast. Top with some Cheddar and allow it to melt on the grill (if you need to remove the chicken you can finish melting the cheese under the broiler).
- ☐ Halve the rolls and immediately load with the bacon-and-cheese covered chicken.

Nutrition Facts



 **PROTEIN 19.13%**  **FAT 48.98%**  **CARBS 31.89%**

Properties

Glycemic Index:28.91, Glycemic Load:32.32, Inflammation Score:-6, Nutrition Score:18.326086977254%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 670.67kcal (33.53%), Fat: 36.63g (56.35%), Saturated Fat: 13.38g (83.62%), Carbohydrates: 53.67g (17.89%), Net Carbohydrates: 51.07g (18.57%), Sugar: 22.3g (24.78%), Cholesterol: 101.83mg (33.94%), Sodium: 1268.57mg (55.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.18g (64.36%), Iron: 11.89mg (66.03%), Selenium: 43.36µg (61.95%), Vitamin B3: 8.56mg (42.81%), Phosphorus: 354.58mg (35.46%), Vitamin B6: 0.66mg (32.93%), Calcium: 230.78mg (23.08%), Vitamin A: 1048.95IU (20.98%), Vitamin B1: 0.24mg (15.81%), Vitamin B2: 0.27mg (15.76%), Zinc: 2.28mg (15.2%), Vitamin B5: 1.33mg (13.28%), Potassium: 427.35mg (12.21%), Vitamin B12: 0.7µg (11.6%), Fiber: 2.6g (10.39%), Magnesium: 40.84mg (10.21%), Vitamin E: 1.46mg (9.73%), Manganese: 0.15mg (7.55%), Copper: 0.09mg (4.57%), Vitamin K: 3.5µg (3.34%), Vitamin D: 0.45µg (3.02%), Vitamin C: 2.31mg (2.8%), Folate: 11.16µg (2.79%)