



Roast Chicken and Cranberry Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



109 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup arugula trimmed
- 0.3 cup bottled cranberry chutney (such as Crosse & Blackwell)
- 1 ounce multigrain bread
- 0.5 cup radishes thinly sliced
- 2 cups roasted boneless skinless chopped (2 breast halves)

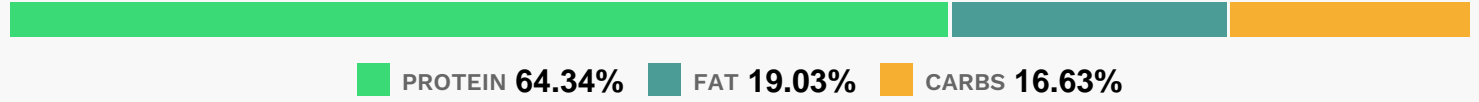
Equipment

- bowl

Directions

- Combine the cream cheese and cranberry chutney in a small bowl.
- Spread 1 tablespoon cream cheese mixture over each bread slice. Arrange one-fourth of radishes, arugula, and chicken on each of 4 bread slices. Top with remaining bread slices.

Nutrition Facts



Properties

Glycemic Index:44.67, Glycemic Load:2.17, Inflammation Score:-3, Nutrition Score:9.0956520982411%

Flavonoids

Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg, Cyanidin: 2.9mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 9.17mg, Pelargonidin: 9.17mg, Pelargonidin: 9.17mg, Pelargonidin: 9.17mg Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 109.32kcal (5.47%), Fat: 2.23g (3.44%), Saturated Fat: 0.48g (3.03%), Carbohydrates: 4.39g (1.46%), Net Carbohydrates: 3.47g (1.26%), Sugar: 0.9g (1%), Cholesterol: 48mg (16%), Sodium: 125.35mg (5.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.99g (33.97%), Vitamin B3: 8.19mg (40.94%), Selenium: 25.93µg (37.04%), Vitamin B6: 0.59mg (29.64%), Phosphorus: 177.41mg (17.74%), Vitamin B5: 1.17mg (11.71%), Manganese: 0.2mg (10.15%), Potassium: 343.23mg (9.81%), Magnesium: 27.96mg (6.99%), Vitamin B2: 0.1mg (5.64%), Vitamin B1: 0.08mg (5.29%), Vitamin C: 4.3mg (5.21%), Zinc: 0.62mg (4.12%), Vitamin K: 3.93µg (3.74%), Fiber: 0.92g (3.69%), Iron: 0.56mg (3.11%), Folate: 12.09µg (3.02%), Vitamin B12: 0.15µg (2.5%), Copper: 0.05mg (2.45%), Calcium: 23.43mg (2.34%), Vitamin E: 0.27mg (1.83%), Vitamin A: 86.8IU (1.74%)