



Roasted Chicken-Provolone Grilled Cheese Sandwiches

READY IN



21 min.

SERVINGS



4

CALORIES



147 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby arugula fresh
- ☐ 0.8 ounce top italian chicago-style 1/
- ☐ 0.3 cup mayonnaise light
- ☐ 0.7 ounce provolone cheese reduced-fat such as Sargento
- ☐ 8 ounces roasted boneless skinless very thinly sliced

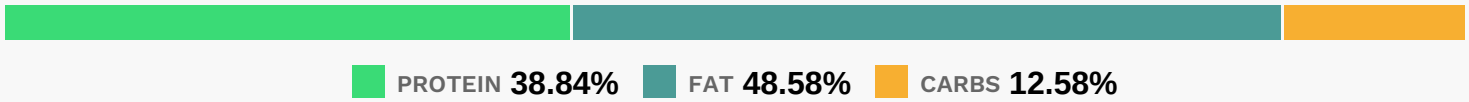
Equipment

- ☐ frying pan

Directions

- ☐ Spread 1/2 tablespoon mayonnaise over each of 8 bread slices.
- ☐ Layer each of 4 bread slices with 1 cheese slice, 1/2 cup arugula, 2 ounces chicken, a second cheese slice, and a bread slice.
- ☐ Heat a large nonstick skillet over medium heat. Coat sandwiches with cooking spray; add to pan. Cook 5 to 7 minutes on each side or until cheese melts and bread is toasted.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:7.8213043135145%

Flavonoids

Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 146.7kcal (7.34%), Fat: 7.78g (11.96%), Saturated Fat: 2.64g (16.51%), Carbohydrates: 4.53g (1.51%), Net Carbohydrates: 4.19g (1.52%), Sugar: 2.37g (2.64%), Cholesterol: 41.79mg (13.93%), Sodium: 238.32mg (10.36%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 13.99g (27.97%), Vitamin B3: 6.19mg (30.96%), Selenium: 19.22µg (27.46%), Vitamin B6: 0.44mg (21.79%), Vitamin K: 18.64µg (17.75%), Phosphorus: 151.77mg (15.18%), Vitamin B5: 0.88mg (8.82%), Potassium: 269.08mg (7.69%), Vitamin A: 305.69IU (6.11%), Calcium: 55.4mg (5.54%), Magnesium: 21.95mg (5.49%), Vitamin B2: 0.09mg (5.01%), Folate: 16.35µg (4.09%), Zinc: 0.55mg (3.66%), Vitamin B1: 0.05mg (3.34%), Vitamin E: 0.47mg (3.12%), Vitamin B12: 0.18µg (3.04%), Iron: 0.51mg (2.84%), Vitamin C: 2.18mg (2.64%), Manganese: 0.04mg (2.1%), Fiber: 0.35g (1.38%), Copper: 0.03mg (1.34%)