



## Roasted Chicken Sandwiches with Arugula

READY IN



15 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups arugula
- 2 cups chicken breast cooked sliced
- 8 ounce bread french
- 4 ounces cream cheese light tub-style
- 0.3 cup mango chutney
- 0.3 teaspoon cracked pepper black
- 2 slices onion red separated halved thin

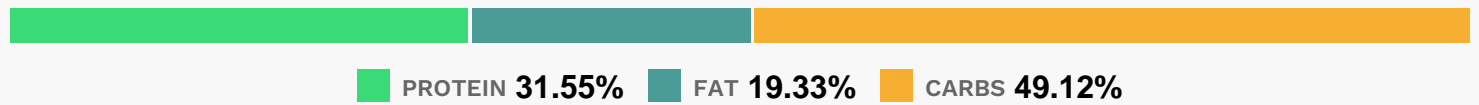
### Equipment

bowl

## Directions

- Combine chutney and cream cheese in a small bowl; stir well.
- Cut bread in half horizontally.
- Spread chutney mixture evenly over cut sides of bread; sprinkle with pepper. Top bottom half evenly with onion, arugula, and chicken; replace top half of loaf.
- Cut sandwich into 4 equal portions.

## Nutrition Facts



## Properties

Glycemic Index:56.63, Glycemic Load:30.83, Inflammation Score:-6, Nutrition Score:16.968260899834%

## Flavonoids

Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

## Nutrients (% of daily need)

Calories: 391.39kcal (19.57%), Fat: 8.3g (12.77%), Saturated Fat: 3.6g (22.51%), Carbohydrates: 47.47g (15.82%), Net Carbohydrates: 45.68g (16.61%), Sugar: 15.08g (16.75%), Cholesterol: 74.81mg (24.94%), Sodium: 504.71mg (21.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.49g (60.98%), Vitamin B3: 12.41mg (62.07%), Selenium: 37.17µg (53.09%), Vitamin B1: 0.47mg (31.6%), Phosphorus: 273.69mg (27.37%), Vitamin B6: 0.51mg (25.69%), Vitamin B2: 0.4mg (23.6%), Folate: 91.32µg (22.83%), Manganese: 0.38mg (18.88%), Iron: 3.27mg (18.17%), Magnesium: 47.18mg (11.79%), Vitamin B5: 1.16mg (11.63%), Vitamin K: 12.05µg (11.48%), Potassium: 380.7mg (10.88%), Calcium: 104.35mg (10.44%), Zinc: 1.52mg (10.16%), Vitamin B12: 0.5µg (8.31%), Vitamin A: 409.31IU (8.19%), Copper: 0.16mg (8.14%), Fiber: 1.79g (7.17%), Vitamin C: 3.89mg (4.71%), Vitamin E: 0.46mg (3.04%), Vitamin D: 0.16µg (1.03%)