



Roasted Chicken, Zucchini, and Ricotta Sandwiches on Focaccia

READY IN



45 min.

SERVINGS



4

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 inch ciabatta bread halved
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 4 chicken breast strips/pre-cooked/chopped thinly sliced
- ☐ 2 teaspoons salt
- ☐ 15 ounce ricotta cheese
- ☐ 2 large tomatoes thinly sliced

☐ 2 medium zucchini shredded

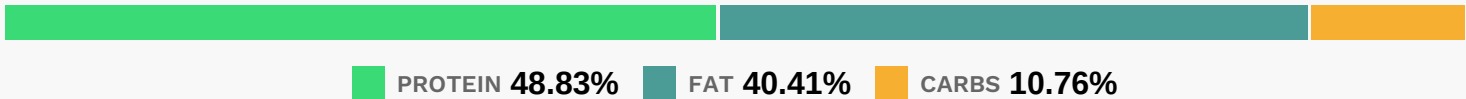
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler
- ☐ colander

Directions

- ☐ Mix zucchini and salt in medium bowl.
- ☐ Transfer to colander; set over bowl.
- ☐ Let stand 15 minutes to drain liquid from zucchini. Rinse and drain zucchini. Squeeze zucchini to remove liquid.
- ☐ Heat oil in large skillet over medium heat.
- ☐ Add zucchini and sauté 2 minutes. Cool slightly.
- ☐ Add ricotta, Parmesan and lemon peel to zucchini. Stir to blend. Season to taste with salt and pepper. (Can be made 8 hours ahead. Cover; chill.)
- ☐ Preheat broiler. Arrange focaccia pieces cut side up on baking sheet. Broil focaccia just until lightly toasted.
- ☐ Spread ricotta mixture generously over 8 focaccia pieces. Broil until ricotta mixture is heated through and beginning to brown in spots, about 4 minutes.
- ☐ Top 4 focaccia pieces with tomato slices, then with chicken slices, dividing equally.
- ☐ Sprinkle with salt and pepper. Cover with remaining 4 focaccia pieces, ricotta-mixture side down.
- ☐ Cut sandwiches diagonally in half and serve.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:2.11, Inflammation Score:-8, Nutrition Score:29.651738892431%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 582.57kcal (29.13%), Fat: 25.76g (39.63%), Saturated Fat: 12.16g (75.98%), Carbohydrates: 15.44g (5.15%), Net Carbohydrates: 13.2g (4.8%), Sugar: 5.16g (5.73%), Cholesterol: 205.86mg (68.62%), Sodium: 1550.97mg (67.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.03g (140.07%), Vitamin B3: 24.68mg (123.42%), Selenium: 65.28µg (93.25%), Phosphorus: 658.9mg (65.89%), Vitamin B6: 1.32mg (65.81%), Vitamin C: 30.65mg (37.16%), Calcium: 327.32mg (32.73%), Vitamin B2: 0.53mg (31.46%), Vitamin A: 1517.55IU (30.35%), Potassium: 1035.97mg (29.6%), Zinc: 3.7mg (24.64%), Magnesium: 91.52mg (22.88%), Vitamin B5: 2.19mg (21.89%), Vitamin B12: 1.03µg (17.18%), Manganese: 0.32mg (16.06%), Iron: 2.86mg (15.9%), Vitamin K: 15.3µg (14.57%), Folate: 57.25µg (14.31%), Vitamin B1: 0.21mg (14.27%), Vitamin E: 1.73mg (11.52%), Copper: 0.22mg (10.8%), Fiber: 2.24g (8.95%), Vitamin D: 0.42µg (2.77%)