



Rolled Chicken Sandwich with Arugula and Parsley Aioli



Gluten Free

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READY IN

ready

10 min.

SERVINGS

servings

4

CALORIES

calories

372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 fillet anchovy



0.5 cup lightly baby arugula packed



1.3 cups baby arugula



0.5 cup lightly flat-leaf parsley fresh packed



2 teaspoons chives fresh chopped



1 small garlic clove coarsely chopped



1 teaspoon lemon zest

- ☐ 0.3 cup mayonnaise
- ☐ 0.5 cup lowfat yogurt plain
- ☐ 8 ounces roasted chicken breast shredded 2 small chicken breasts
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 8-inch tortillas whole-wheat recommended: Guerrero
- ☐ 1 teaspoon citrus champagne vinegar

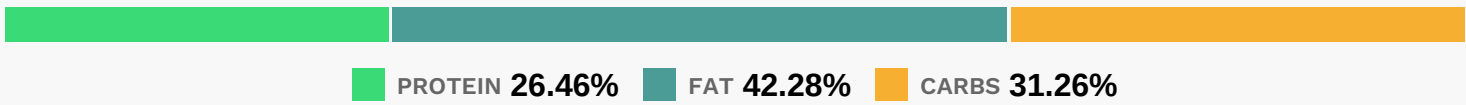
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ tongs

Directions

- ☐ Place all the ingredients, except the salt and pepper, in the bowl of a food processor. Blend until the mixture is smooth.
- ☐ Add the shredded chicken to the aioli and mix well. Preheat a heavy-bottomed skillet over medium heat. Using tongs, add the tortillas, 1 at a time, and cook until warm, about 30 seconds each side.
- ☐ Place the warm tortillas on a work surface and spread with the chicken mixture, leaving a 1/2-inch border.
- ☐ Sprinkle the arugula over the chicken mixture. Carefully roll up the tortillas, jelly-roll fashion.
- ☐ Cut each rolled sandwich in half, diagonally, and transfer to a serving platter.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:71.75, Glycemic Load:8.22, Inflammation Score:-7, Nutrition Score:19.620434722175%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.36mg, Kaempferol: 3.36mg, Kaempferol: 3.36mg, Kaempferol: 3.36mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 372.4kcal (18.62%), Fat: 17.23g (26.5%), Saturated Fat: 4.04g (25.25%), Carbohydrates: 28.66g (9.55%), Net Carbohydrates: 26.37g (9.59%), Sugar: 4.42g (4.91%), Cholesterol: 56.51mg (18.84%), Sodium: 535.66mg (23.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.26g (48.51%), Vitamin K: 160.96µg (153.29%), Vitamin B3: 10.34mg (51.71%), Selenium: 28.87µg (41.25%), Phosphorus: 293.99mg (29.4%), Vitamin B1: 0.32mg (21.63%), Vitamin B6: 0.41mg (20.62%), Folate: 75.29µg (18.82%), Vitamin A: 909.08IU (18.18%), Iron: 3.17mg (17.59%), Vitamin B2: 0.3mg (17.44%), Calcium: 169.62mg (16.96%), Manganese: 0.33mg (16.68%), Vitamin C: 12.77mg (15.48%), Potassium: 369.67mg (10.56%), Magnesium: 42.17mg (10.54%), Vitamin B5: 0.92mg (9.21%), Fiber: 2.29g (9.14%), Zinc: 1.29mg (8.57%), Vitamin B12: 0.39µg (6.45%), Copper: 0.11mg (5.63%), Vitamin E: 0.73mg (4.85%)