



WHATSheATE



Rosemary Chicken Salad Sandwiches

READY IN



45 min.

SERVINGS



5

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds smoked chopped
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 0.3 cup green onions chopped
- ☐ 0.3 cup mayonnaise light
- ☐ 10 slices whole-grain bread
- ☐ 0.8 pound roasted boneless skinless chopped

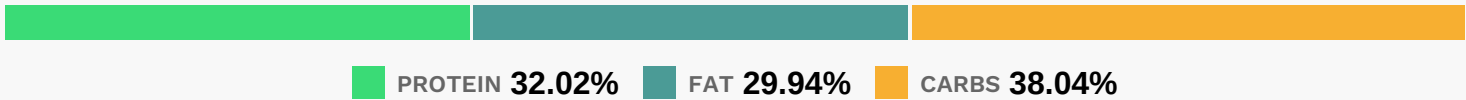
☐ 0.1 teaspoon salt

Equipment

Directions

- ☐ Combine first 9 ingredients, stirring well.
- ☐ Spread about 2/3 cup of chicken mixture over each of 5 bread slices, and top with remaining bread slices.
- ☐ Cut sandwiches diagonally in half.

Nutrition Facts



Properties

Glycemic Index:35.14, Glycemic Load:14.66, Inflammation Score:-5, Nutrition Score:19.496086947296%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 297.61kcal (14.88%), Fat: 9.88g (15.19%), Saturated Fat: 1.47g (9.21%), Carbohydrates: 28.23g (9.41%), Net Carbohydrates: 23.75g (8.64%), Sugar: 4.29g (4.77%), Cholesterol: 45.58mg (15.19%), Sodium: 503.27mg (21.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.76g (47.52%), Manganese: 1.39mg (69.61%), Selenium: 37.63µg (53.75%), Vitamin B3: 9.89mg (49.47%), Vitamin B6: 0.65mg (32.6%), Phosphorus: 320.54mg (32.05%), Vitamin K: 24.44µg (23.28%), Magnesium: 84.59mg (21.15%), Vitamin B1: 0.29mg (19.3%), Fiber: 4.49g (17.94%), Vitamin E: 2.55mg (16.99%), Vitamin B2: 0.28mg (16.31%), Vitamin B5: 1.48mg (14.81%), Calcium: 144.72mg (14.47%), Potassium: 499.57mg (14.27%), Zinc: 1.76mg (11.76%), Iron: 2.1mg (11.66%), Copper: 0.23mg (11.48%), Folate: 35.67µg (8.92%), Vitamin B12: 0.21µg (3.51%), Vitamin C: 2.19mg (2.65%), Vitamin A: 98.9IU (1.98%)