



Rustic Honey Mustard-Chicken Grilled Cheese

READY IN



15 min.

SERVINGS



1

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tsp butter softened
- 6 slices oscar mayer deli rotisserie seasoned chicken breast fresh
- 1 tsp grey poupon savory honey mustard
- 1 singles kraft
- 2 slices multi-grain bread
- 2 slices tomatoes thin

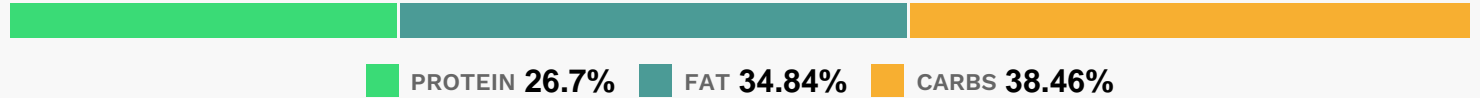
Equipment

- frying pan

Directions

- Spread 1 bread slice with mustard; fill bread slices with all remaining ingredients except butter.
- Spread outside of sandwich with butter.
- Cook in skillet on medium heat 3 min. on each side or until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:157.7, Glycemic Load:14.5, Inflammation Score:-4, Nutrition Score:14.543043387973%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 296.34kcal (14.82%), Fat: 11.45g (17.62%), Saturated Fat: 5.96g (37.27%), Carbohydrates: 28.44g (9.48%), Net Carbohydrates: 25.05g (9.11%), Sugar: 4.14g (4.59%), Cholesterol: 58.38mg (19.46%), Sodium: 1095.98mg (47.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.75g (39.49%), Manganese: 1.21mg (60.69%), Vitamin B3: 9.02mg (45.1%), Selenium: 24.05µg (34.36%), Phosphorus: 315.87mg (31.59%), Vitamin B6: 0.44mg (22.16%), Vitamin B1: 0.25mg (16.98%), Magnesium: 62.26mg (15.56%), Fiber: 3.39g (13.54%), Potassium: 408.7mg (11.68%), Vitamin B5: 1.1mg (10.99%), Calcium: 108.92mg (10.89%), Iron: 1.72mg (9.57%), Zinc: 1.39mg (9.27%), Vitamin B2: 0.15mg (8.86%), Folate: 29.16µg (7.29%), Copper: 0.14mg (7.11%), Vitamin A: 296.38IU (5.93%), Vitamin E: 0.78mg (5.17%), Vitamin K: 5.23µg (4.98%), Vitamin B12: 0.12µg (1.96%)