



Salsa Verde Pulled Chicken Sandwich

 Popular

READY IN



45 min.

SERVINGS



4

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

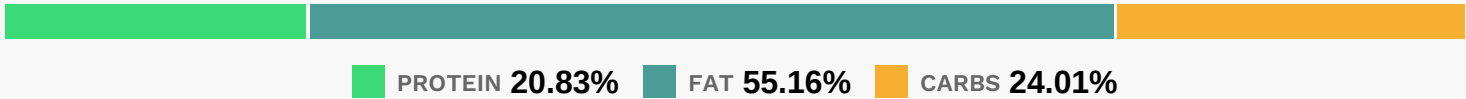
- ☐ 1 avocado mashed (stoned, scooped and)
- ☐ 4 servings cilantro leaves
- ☐ 0.3 cup mayonnaise
- ☐ 4 slices pepper jack cheese
- ☐ 2 cups salsa verde
- ☐ 2 cups meat from a rotisserie chicken shredded warmed cooked ()
- ☐ 4 slices pickled tomato green
- ☐ 4 buns whole wheat (I like to use)

Equipment

Directions

- ☐ Mix the salsa verde and the pulled chicken.
- ☐ Place the chicken mixture on the bottom of the buns, top with the cheese and broil until the cheese has melted.
- ☐ Mix the avocado and mayo and spread it on the inside of the buns tops.
- ☐ Place a slice of tomato on top of the melted cheese followed by a handful of cilantro and finish with the top of the bun.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:0.45, Inflammation Score:-8, Nutrition Score:21.060000036074%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 546.91kcal (27.35%), Fat: 33.37g (51.33%), Saturated Fat: 8.62g (53.86%), Carbohydrates: 32.67g (10.89%), Net Carbohydrates: 27.37g (9.95%), Sugar: 11.19g (12.44%), Cholesterol: 77.07mg (25.69%), Sodium: 1292.13mg (56.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.35g (56.71%), Selenium: 35.18µg (50.26%), Vitamin B3: 8.52mg (42.62%), Vitamin K: 37.62µg (35.83%), Phosphorus: 317.26mg (31.73%), Manganese: 0.56mg (28.19%), Folate: 100.49µg (25.12%), Vitamin B6: 0.49mg (24.58%), Vitamin B2: 0.4mg (23.56%), Vitamin A: 1114.05IU (22.28%), Potassium: 766.53mg (21.9%), Calcium: 217.63mg (21.76%), Fiber: 5.3g (21.2%), Vitamin B1: 0.3mg (20.14%), Iron: 3.19mg (17.7%), Vitamin B5: 1.77mg (17.69%), Vitamin C: 14.03mg (17%), Zinc: 2.52mg (16.82%), Magnesium: 56.91mg (14.23%), Copper: 0.26mg (13.01%), Vitamin E: 1.66mg (11.09%), Vitamin B12: 0.4µg (6.64%), Vitamin D: 0.15µg (1.03%)