



Sampler Platter Sub

READY IN

ready

50 min.

SERVINGS

servings

4

CALORIES

calories

1696 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 head bibb lettuce
- ☐ 0.5 cup buttermilk
- ☐ 1 pinch cayenne
- ☐ 8 ounce party snack mix fine
- ☐ 1 pound chicken tenderloins cut into 1-inch pieces 8
- ☐ 2 ounces cream cheese softened
- ☐ 1 teaspoon dijon mustard
- ☐ 3 eggs beaten
- ☐ 1 cup flour

- ☐ 1 teaspoon optional: dill fresh minced
- ☐ 0.5 teaspoon grainy mustard
- ☐ 1 teaspoon sea salt
- ☐ 1 pinch ground pepper black
- ☐ 1 teaspoon honey
- ☐ 2 teaspoons horseradish prepared
- ☐ 6 medium jalapeños
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1.5 cups mayonnaise
- ☐ 4 servings oil for brushing
- ☐ 4 servings oil for frying
- ☐ 1 pinch ground garlic
- ☐ 2 roma tomatoes sliced thin
- ☐ 1 pinch salt
- ☐ 6 individual string cheeses cut in half
- ☐ 8 rolls french soft
- ☐ 0.5 teaspoon worcestershire sauce

Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ dutch oven

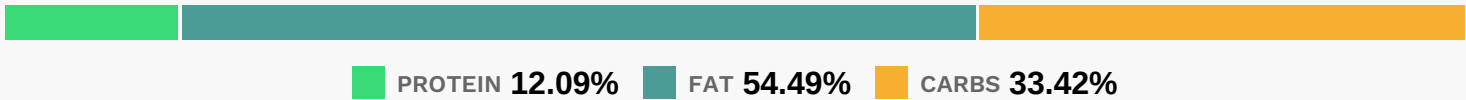
Directions

- ☐ For the mozzarella sticks and chicken fingers: Fill a Dutch oven halfway with oil and heat to 350 degrees F. Preheat the oven to 400 degrees F.
- ☐ Add the flour, eggs and crushed party mix to 3 separate shallow dishes. Coat the cheese and chicken pieces first in flour, then egg, letting the excess drip off, and then coat in the snack

mix. Fry until golden brown, about 5 minutes.

- ☐ Remove to a paper-towel-lined plate to drain and then season with salt and pepper.
- ☐ For the poppers: Halve the jalapenos lengthwise, removing the seeds and leaving the stems on. In a mixing bowl, stir together the cream cheese, horseradish, honey, mustard, Worcestershire, cayenne, garlic and some salt and pepper. Spoon this mixture into each of the split jalapenos and brush with oil.
- ☐ Bake until the tops are brown and the skins are slightly blistered, 10 to 12 minutes.
- ☐ For the sandwich build: Open the each roll and layer with fried mozzarella, chicken tenders and jalapeno poppers. Top with a piece of lettuce, a couple slices of tomato and Jeff's Homemade Buttermilk Ranch Dressing.
- ☐ Mix the mayonnaise, buttermilk, dill, garlic, honey, mustard, salt and pepper in a bowl. Store in an airtight container.

Nutrition Facts



Properties

Glycemic Index:167.32, Glycemic Load:65.7, Inflammation Score:-9, Nutrition Score:42.390434721242%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 1695.67kcal (84.78%), Fat: 102.25g (157.31%), Saturated Fat: 17.18g (107.37%), Carbohydrates: 141.06g (47.02%), Net Carbohydrates: 133.11g (48.4%), Sugar: 19.41g (21.57%), Cholesterol: 250.5mg (83.5%), Sodium: 1822.97mg (79.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.06g (102.12%), Vitamin K: 189.07µg (180.06%), Iron: 27.07mg (150.37%), Selenium: 66.45µg (94.92%), Vitamin B3: 17.22mg (86.1%), Vitamin B6: 1.21mg (60.74%), Vitamin E: 7.99mg (53.24%), Phosphorus: 521.77mg (52.18%), Folate: 181.69µg (45.42%), Vitamin B2: 0.75mg (43.83%), Manganese: 0.87mg (43.29%), Vitamin B1: 0.61mg (40.35%), Vitamin C: 33.19mg (40.24%), Vitamin A: 1738.05IU (34.76%), Fiber: 7.95g (31.79%), Vitamin B5: 3.02mg (30.23%), Potassium: 912.69mg (26.08%), Magnesium: 88.24mg (22.06%), Zinc: 2.77mg (18.46%), Calcium: 145.92mg (14.59%), Vitamin B12: 0.86µg (14.4%), Copper: 0.27mg (13.42%), Vitamin D: 1.33µg (8.88%)