



Sassy Chik'n Sandwich

 Vegetarian  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tsp grey poupon country dijon mustard
- 2 tsp horseradish kraft
- 4 slices bread italian toasted
- 2 lettuce leaves
- 1 tomatoes cut into 4 slices
- 2 boca original chik'n veggie patties frozen

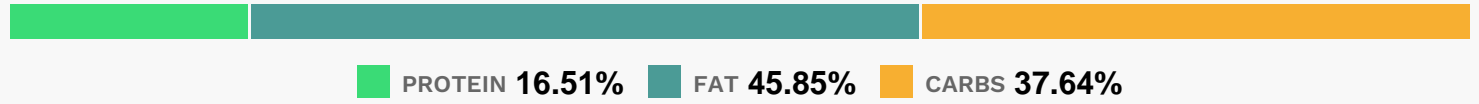
Equipment

- microwave

Directions

- Microwave patties as directed on package.
- Meanwhile, mix mustard and horseradish sauce until well blended.
- Fill toast slices with lettuce, tomatoes, patties and mustard mixture to make 2 sandwiches.

Nutrition Facts



Properties

Glycemic Index:68.5, Glycemic Load:2.89, Inflammation Score:-9, Nutrition Score:20.780000054318%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 367.22kcal (18.36%), Fat: 18.86g (29.01%), Saturated Fat: 8.72g (54.51%), Carbohydrates: 34.83g (11.61%), Net Carbohydrates: 28.64g (10.42%), Sugar: 15.44g (17.15%), Cholesterol: 3.5mg (1.17%), Sodium: 632.49mg (27.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.28g (30.57%), Vitamin B1: 1.97mg (131.17%), Vitamin A: 2304.1IU (46.08%), Manganese: 0.83mg (41.75%), Folate: 133.54µg (33.39%), Selenium: 17.8µg (25.43%), Fiber: 6.19g (24.75%), Vitamin B3: 4.93mg (24.67%), Vitamin B12: 1.41µg (23.45%), Vitamin C: 17.16mg (20.8%), Phosphorus: 187.67mg (18.77%), Iron: 3.01mg (16.72%), Potassium: 532.02mg (15.2%), Magnesium: 59.63mg (14.91%), Vitamin B6: 0.29mg (14.62%), Vitamin B2: 0.25mg (14.53%), Calcium: 115.94mg (11.59%), Copper: 0.18mg (9.14%), Zinc: 1.19mg (7.92%), Vitamin K: 7.94µg (7.56%), Vitamin E: 0.58mg (3.89%), Vitamin B5: 0.28mg (2.77%)