



Speedy Triple-Decker Club

READY IN



10 min.

SERVINGS



2

CALORIES



590 kcal

Ingredients

- 8 slices oscar mayer deli rotisserie seasoned chicken breast fresh
- 1 cup lettuce shredded
- 2 Tbsp miracle whip dressing divided
- 4 slices oscar mayer center cut bacon cooked
- 1 tomatoes cut into 4 thin slices
- 6 slices bread whole wheat toasted

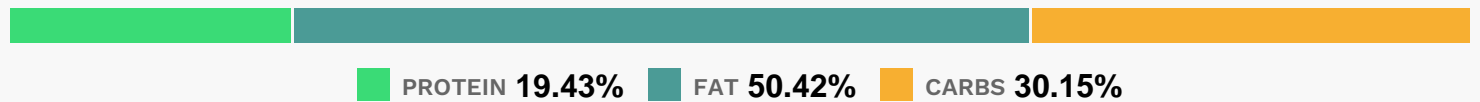
Equipment

- toothpicks

Directions

- Spread 1 Tbsp. dressing evenly onto 2 toast slices; top with chicken. Cover each with second toast slice.
- Top with bacon, tomatoes and lettuce; cover with remaining toast slices spread with remaining dressing.
- Cut each sandwich into 4 triangles; secure with toothpicks.

Nutrition Facts



Properties

Glycemic Index:69.85, Glycemic Load:22.55, Inflammation Score:-7, Nutrition Score:24.856956616692%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 590.19kcal (29.51%), Fat: 33.06g (50.86%), Saturated Fat: 10.58g (66.12%), Carbohydrates: 44.47g (14.82%), Net Carbohydrates: 37.95g (13.8%), Sugar: 8.04g (8.93%), Cholesterol: 73.44mg (24.48%), Sodium: 1481.79mg (64.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.67g (57.34%), Manganese: 1.93mg (96.35%), Selenium: 42.52µg (60.74%), Vitamin B3: 11.38mg (56.88%), Phosphorus: 427.88mg (42.79%), Vitamin B1: 0.59mg (39.18%), Vitamin B6: 0.65mg (32.54%), Fiber: 6.51g (26.06%), Magnesium: 95.08mg (23.77%), Potassium: 729.72mg (20.85%), Vitamin K: 20.09µg (19.13%), Zinc: 2.73mg (18.21%), Iron: 2.97mg (16.48%), Calcium: 159.39mg (15.94%), Vitamin B5: 1.53mg (15.31%), Vitamin B2: 0.25mg (14.85%), Vitamin A: 737.53IU (14.75%), Folate: 58.31µg (14.58%), Copper: 0.28mg (13.75%), Vitamin C: 9.43mg (11.43%), Vitamin E: 1.31mg (8.76%), Vitamin B12: 0.43µg (7.12%), Vitamin D: 0.34µg (2.24%)