



Spicy Chicken and Arugula Sandwich

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups arugula trimmed
- ☐ 9 ounce flour halved
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 cup mayonnaise light
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon lime zest grated
- ☐ 2 teaspoons olive oil
- ☐ 1 tablespoon penzey's southwest seasoning

- ☐ 12 ounce chicken breast halves boneless skinless
- ☐ 4 ounces tomatoes ripe thinly sliced

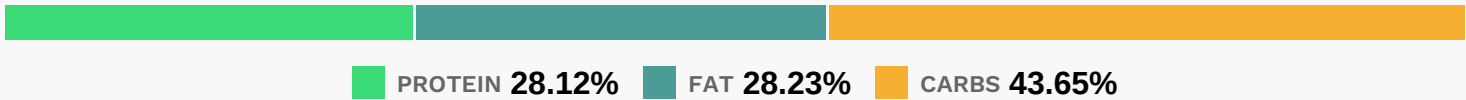
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Place plastic wrap over chicken; pound each piece to a 1/4-inch thickness using a meat mallet or rolling pin.
- ☐ Sprinkle both sides of chicken with fajita seasoning.
- ☐ Add chicken to pan; cook 2 minutes on each side or until done.
- ☐ Cut into (1-inch-thick) slices.
- ☐ While chicken cooks, combine mayonnaise, cilantro, rind, and juice; spread evenly over cut sides of bread. Arrange chicken on bottom half of bread; top with tomato and arugula. Cover with top half of bread.
- ☐ Cut into 4 wedges.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:13.25, Inflammation Score:-5, Nutrition Score:14.055217424165%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg Myricetin: 0.04mg,

Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 345.13kcal (17.26%), Fat: 10.94g (16.82%), Saturated Fat: 1.31g (8.21%), Carbohydrates: 38.04g (12.68%), Net Carbohydrates: 34.86g (12.68%), Sugar: 2.74g (3.04%), Cholesterol: 56.67mg (18.89%), Sodium: 588.39mg (25.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.5g (49.01%), Vitamin B3: 9.24mg (46.22%), Vitamin K: 43.24µg (41.19%), Selenium: 27.78µg (39.68%), Vitamin B6: 0.71mg (35.31%), Phosphorus: 197.64mg (19.76%), Potassium: 466.94mg (13.34%), Vitamin B5: 1.32mg (13.2%), Manganese: 0.26mg (12.83%), Fiber: 3.18g (12.74%), Vitamin E: 1.63mg (10.89%), Vitamin A: 534.69IU (10.69%), Iron: 1.9mg (10.58%), Magnesium: 39.43mg (9.86%), Vitamin C: 7.47mg (9.05%), Calcium: 79.87mg (7.99%), Vitamin B2: 0.12mg (6.91%), Folate: 24.85µg (6.21%), Vitamin B1: 0.08mg (5.14%), Zinc: 0.69mg (4.61%), Copper: 0.07mg (3.67%), Vitamin B12: 0.17µg (2.83%)