



Spicy Chicken Sandwiches with Cilantro-Lime Mayo

 Dairy Free

READY IN



147 min.

SERVINGS



4

CALORIES



1078 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups baked tortilla chips
- ☐ 0.3 cup egg substitute
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons hot sauce (such as Tabasco)
- ☐ 4 romaine leaves
- ☐ 1 teaspoon juice of lime fresh

- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 12 slices onion red (1/8-inch-thick)
- ☐ 0.3 teaspoon salt
- ☐ 12 ounce chicken breast halves boneless skinless
- ☐ 8 ounce portugese rolls split

Equipment

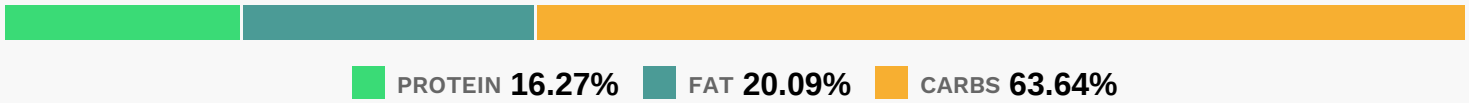
- ☐ food processor
- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ To prepare mayo, combine the first 4 ingredients.
- ☐ To prepare chicken, combine egg substitute, hot sauce, oregano, and salt in a large zip-top plastic bag.
- ☐ Cut chicken breast halves in half horizontally to form 4 cutlets.
- ☐ Add chicken to bag; seal. Marinate in refrigerator 2 hours or up to 8 hours, turning bag occasionally.
- ☐ Place tortilla chips in a food processor; process 1 minute or until ground.
- ☐ Place ground chips in a shallow dish.
- ☐ Working with one cutlet at a time, remove chicken from marinade, allowing excess to drip off. Coat chicken completely in chips. Set aside. Repeat procedure with remaining chicken and chips.
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add olive oil to pan, swirling to coat.
- ☐ Add chicken to pan; cook 3 minutes on each side or until browned and done.
- ☐ Spread mayo evenly over cut sides of rolls.

Layer bottom half of each roll with 3 onion slices, 1 lettuce leaf, and 1 chicken cutlet; top with top halves of rolls.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:19.28, Inflammation Score:-10, Nutrition Score:32.066086302633%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.1mg, Isorhamnetin: 2.1mg, Isorhamnetin: 2.1mg, Isorhamnetin: 2.1mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg, Quercetin: 8.65mg

Nutrients (% of daily need)

Calories: 1077.85kcal (53.89%), Fat: 24.01g (36.93%), Saturated Fat: 3.43g (21.43%), Carbohydrates: 171.08g (57.03%), Net Carbohydrates: 159.86g (58.13%), Sugar: 7.61g (8.45%), Cholesterol: 56.67mg (18.89%), Sodium: 1612.61mg (70.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.75g (87.49%), Selenium: 61.34µg (87.63%), Phosphorus: 762.42mg (76.24%), Iron: 12.49mg (69.38%), Vitamin B6: 1.07mg (53.64%), Magnesium: 201.47mg (50.37%), Vitamin B3: 9.82mg (49.1%), Fiber: 11.22g (44.86%), Vitamin A: 2064.75IU (41.3%), Vitamin B2: 0.67mg (39.6%), Vitamin B1: 0.5mg (33.51%), Calcium: 324.31mg (32.43%), Potassium: 954mg (27.26%), Vitamin E: 3.23mg (21.56%), Vitamin C: 16.84mg (20.41%), Zinc: 2.79mg (18.59%), Vitamin K: 16.43µg (15.65%), Vitamin B5: 1.54mg (15.43%), Folate: 53.1µg (13.28%), Copper: 0.24mg (12.2%), Manganese: 0.18mg (9.23%), Vitamin B12: 0.22µg (3.68%), Vitamin D: 0.32µg (2.17%)