



Spicy Grilled Chicken Sandwiches

READY IN



30 min.

SERVINGS



4

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons cheese blue crumbled
- ☐ 4 leaves boston lettuce
- ☐ 1 teaspoon ground pepper
- ☐ 1 teaspoon chili powder
- ☐ 4 ciabatta rolls split
- ☐ 4 slices heirloom tomatoes
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup mayonnaise
- ☐ 1 teaspoon paprika

- ☐ 0.5 teaspoon pepper
- ☐ 1.5 tablespoons vegetable oil
- ☐ 1.5 pounds chicken breast halves thick halved (2)

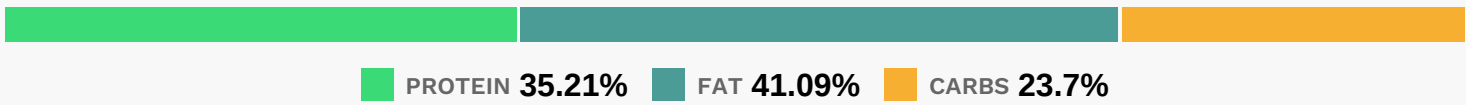
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat grill to medium (350 to 450). In a medium bowl, coat chicken with oil, salt, and spices. Grill chicken, turning once, until no longer pink in center, about 6 minutes total. Grill roll halves just until toasted and grill marks appear, about 1 minute.
- ☐ Mix mayonnaise and blue cheese and spread 1 heaping tbsp. on cut sides of each roll. Assemble sandwiches with chicken, lettuce, and tomato.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:0.44, Inflammation Score:-8, Nutrition Score:22.313478200332%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 492.81kcal (24.64%), Fat: 22.19g (34.14%), Saturated Fat: 4.64g (29%), Carbohydrates: 28.81g (9.6%), Net Carbohydrates: 27.16g (9.88%), Sugar: 1.1g (1.22%), Cholesterol: 118.68mg (39.56%), Sodium: 1213.2mg (52.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.79g (85.59%), Vitamin B3: 18.16mg (90.82%), Selenium: 55.8µg (79.71%), Vitamin B6: 1.35mg (67.6%), Vitamin K: 51.88µg (49.41%), Phosphorus: 396.82mg (39.68%), Vitamin A: 1425.83IU (28.52%), Vitamin B5: 2.61mg (26.06%), Potassium: 779.95mg (22.28%), Magnesium: 53.33mg (13.33%), Vitamin B2: 0.22mg (13.13%), Vitamin E: 1.87mg (12.49%), Vitamin B1: 0.14mg (9.01%), Zinc: 1.28mg (8.55%), Vitamin C: 6.69mg (8.1%), Manganese: 0.14mg (7.22%), Vitamin B12: 0.42µg (7.02%), Iron: 1.2mg (6.64%), Fiber: 1.65g (6.61%), Folate: 25.35µg (6.34%), Calcium: 50.3mg (5.03%), Copper: 0.08mg (4.16%), Vitamin D: 0.22µg (1.5%)