



Spicy Peanut Chicken Grilled Cheese Sandwich (aka The Chicken Satay Melt)

♥ Popular

READY IN



15 min.

SERVINGS



1

CALORIES



782 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 avocado sliced
- ☐ 2 slices bread
- ☐ 1 tablespoon butter room temperature
- ☐ 1 tablespoon cilantro leaves
- ☐ 2 tablespoons spicy peanut sauce
- ☐ 0.5 cup cheddar cheese shredded room temperature
- ☐ 0.3 cup meat from a rotisserie chicken plain shredded

☐ 1 serving sriracha hot sauce to taste

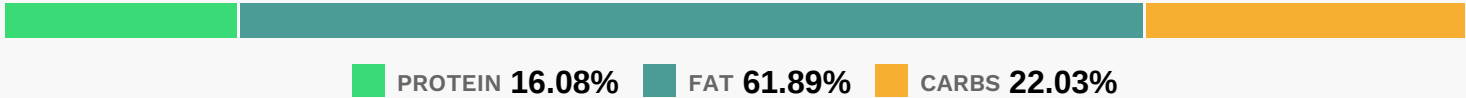
Equipment

☐ frying pan

Directions

☐ Warm a pan over medium heat. Butter one side of each slice of bread, place one slice in the pan buttered side down, sprinkle on half of the cheese, then top with the chicken, spicy peanut sauce, avocado, cilantro, sriracha and the remaining cheese followed by the remaining slice of bread, buttered side up. Cook until golden brown on both sides and the cheese is melted, about 2–4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:207.67, Glycemic Load:15.4, Inflammation Score:-8, Nutrition Score:26.200434674387%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 781.97kcal (39.1%), Fat: 54.37g (83.65%), Saturated Fat: 21.21g (132.55%), Carbohydrates: 43.53g (14.51%), Net Carbohydrates: 34.55g (12.56%), Sugar: 9.29g (10.32%), Cholesterol: 112.85mg (37.62%), Sodium: 1178.03mg (51.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.79g (63.57%), Selenium: 41.27µg (58.96%), Calcium: 489.35mg (48.94%), Phosphorus: 454.03mg (45.4%), Manganese: 0.82mg (41.18%), Vitamin B3: 7.68mg (38.39%), Fiber: 8.98g (35.94%), Folate: 143.29µg (35.82%), Vitamin B2: 0.58mg (33.99%), Vitamin K: 27.43µg (26.12%), Zinc: 3.85mg (25.64%), Vitamin B6: 0.5mg (25.21%), Vitamin B5: 2.45mg (24.46%), Vitamin B1: 0.34mg (22.44%), Vitamin A: 1105.34IU (22.11%), Potassium: 695.63mg (19.88%), Vitamin E: 2.95mg (19.64%), Magnesium: 75.1mg (18.77%), Iron: 3.09mg (17.18%), Copper: 0.31mg (15.67%), Vitamin C: 10.34mg (12.54%), Vitamin B12: 0.72µg (12.07%), Vitamin D: 0.34µg (2.26%)