



## Spicy Ranch Chik'n Sandwich

READY IN



15 min.

SERVINGS



15

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

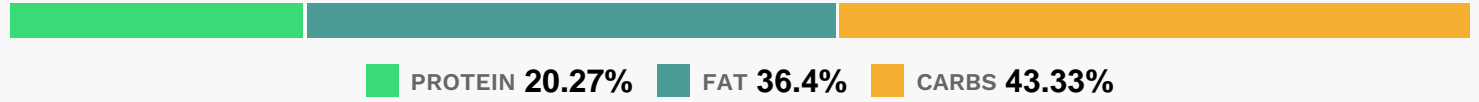
- 1 boca spicy chikâ€™n veggie patty frozen
- 1 hawaiian rolls
- 1 tsp parmesan cheese shredded kraft
- 1 Tbsp lite ranch dressing kraft
- 0.5 cup torn salad greens mixed
- 2 slices tomatoes

### Equipment

## Directions

- Cook patty as directed on package.
- Fill bun with greens, patty, tomatoes, dressing and cheese.

## Nutrition Facts



## Properties

Glycemic Index:10.6, Glycemic Load:1.04, Inflammation Score:-1, Nutrition Score:1.6030434736901%

## Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 21.68kcal (1.08%), Fat: 0.88g (1.35%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 2.35g (0.78%), Net Carbohydrates: 2.02g (0.74%), Sugar: 0.4g (0.45%), Cholesterol: 0.54mg (0.18%), Sodium: 51.32mg (2.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Vitamin B1: 0.14mg (9.41%), Manganese: 0.07mg (3.34%), Selenium: 1.89µg (2.7%), Folate: 9.56µg (2.39%), Vitamin K: 1.96µg (1.87%), Vitamin B12: 0.1µg (1.7%), Phosphorus: 16.22mg (1.62%), Vitamin B3: 0.32mg (1.62%), Vitamin B2: 0.02mg (1.31%), Iron: 0.23mg (1.29%), Fiber: 0.32g (1.29%), Vitamin C: 1.05mg (1.27%), Calcium: 12.08mg (1.21%), Vitamin B6: 0.02mg (1.01%)