



Strawberry BBQ Chicken Club Sandwich with Bacon, Avocado and Goat Cheese

♥ Popular

READY IN



20 min.

SERVINGS



2

CALORIES



740 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small avocado sliced
- ☐ 2 tablespoons roasted strawberry bbq sauce
- ☐ 2 small chicken breasts thin
- ☐ 4 strips bacon cooked
- ☐ 2 tablespoons goat cheese crumbled
- ☐ 2 leaves lettuce
- ☐ 2 servings salt and pepper to taste

- ☐ 2 buns
- ☐ 2 slices tomatoes

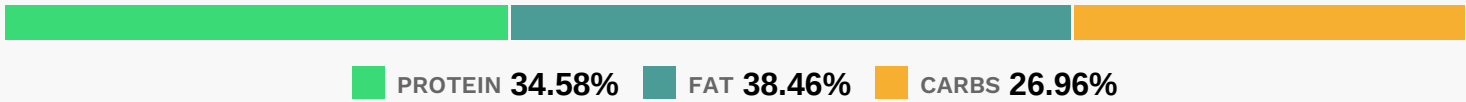
Equipment

- ☐ grill

Directions

- ☐ Heat the grill to medium-high, brush it with oil, grill the chicken until just cooked, about 3–5 minutes per side, baste it with the strawberry BBQ sauce and let it cook for another minute. Lightly grill the buns and assemble the sandwiches with bottom bun, lettuce, tomato, bacon, avocado, chicken, strawberry BBQ sauce, goat cheese and top bun.

Nutrition Facts



Properties

Glycemic Index:91.5, Glycemic Load:24.02, Inflammation Score:-7, Nutrition Score:35.119565092999%

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 Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 739.6kcal (36.98%), Fat: 31.57g (48.57%), Saturated Fat: 7.4g (46.25%), Carbohydrates: 49.79g (16.6%), Net Carbohydrates: 41.41g (15.06%), Sugar: 11.8g (13.11%), Cholesterol: 166.92mg (55.64%), Sodium: 1258.22mg (54.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.86g (127.71%), Vitamin B3: 27.34mg (136.68%), Selenium: 81.46µg (116.37%), Vitamin B6: 2.11mg (105.49%), Iron: 12.68mg (70.42%), Phosphorus: 636.36mg (63.64%), Vitamin B5: 4.95mg (49.5%), Potassium: 1523.02mg (43.51%), Fiber: 8.38g (33.5%), Vitamin B2: 0.46mg (27.29%), Magnesium: 100.92mg (25.23%), Vitamin K: 26.18µg (24.94%), Folate: 98.85µg (24.71%), Vitamin B1: 0.33mg (21.91%), Vitamin C: 16.79mg (20.35%), Copper: 0.4mg (20.1%), Vitamin E: 2.9mg (19.35%), Zinc: 2.66mg (17.74%), Vitamin A: 669.34IU (13.39%), Manganese: 0.26mg (12.87%), Vitamin B12: 0.65µg (10.88%), Calcium:

61.15mg (6.11%), Vitamin D: 0.35µg (2.31%)