



Swanson® Heart Healthy Chicken Sandwich

READY IN



10 min.

SERVINGS



4

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup celery chopped
- 9.8 ounce premium chicken breast in water chunk drained swanson® canned
- 4 lettuce leaves
- 2 tablespoons mayonnaise light
- 8 slices grain bread whole wheat whole 100% pepperidge farm®
- 2 tablespoons onions finely chopped
- 2 tablespoons nonfat yogurt plain
- 8 slices tomatoes

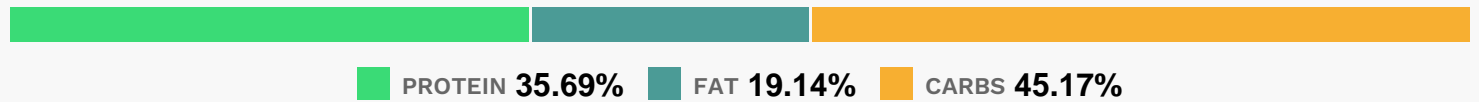
Equipment

bowl

Directions

- Stir the yogurt, mayonnaise, celery, onion and chicken in a medium bowl.
- Divide the chicken mixture among 4 bread slices.
- Top with the tomato, lettuce and remaining bread slices.

Nutrition Facts



Properties

Glycemic Index:41.67, Glycemic Load:15.17, Inflammation Score:-9, Nutrition Score:21.134782385567%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 259.77kcal (12.99%), Fat: 5.48g (8.43%), Saturated Fat: 1.08g (6.72%), Carbohydrates: 29.09g (9.7%), Net Carbohydrates: 24.62g (8.95%), Sugar: 5.47g (6.08%), Cholesterol: 45.55mg (15.18%), Sodium: 414.1mg (18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.99g (45.97%), Manganese: 1.36mg (67.78%), Selenium: 37.31µg (53.29%), Vitamin B3: 10.15mg (50.75%), Vitamin A: 2292.68IU (45.85%), Vitamin B6: 0.72mg (36.17%), Phosphorus: 303.97mg (30.4%), Vitamin B1: 0.32mg (21.11%), Magnesium: 73.61mg (18.4%), Potassium: 627.07mg (17.92%), Fiber: 4.47g (17.87%), Vitamin C: 13.27mg (16.08%), Vitamin B5: 1.51mg (15.12%), Vitamin K: 15.04µg (14.32%), Calcium: 133.61mg (13.36%), Vitamin B2: 0.23mg (13.29%), Folate: 48.96µg (12.24%), Iron: 2.1mg (11.65%), Zinc: 1.65mg (10.98%), Copper: 0.18mg (9.24%), Vitamin E: 0.97mg (6.5%), Vitamin B12: 0.2µg (3.32%)