



Sweet Chili Chicken Grilled Cheese Sandwich

🤍 Popular

READY IN



20 min.

SERVINGS



1

CALORIES



837 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon basil loosely packed
- ☐ 2 slices bread
- ☐ 1 tablespoon butter room temperature
- ☐ 0.3 cup meat from a rotisserie chicken plain sliced
- ☐ 1 tablespoon cilantro leaves loosely packed
- ☐ 0.5 cup jack shredded room temperature
- ☐ 1 tablespoon oil
- ☐ 1 small onion sliced

- ☐ 2 teaspoons sesame seed toasted
- ☐ 0.5 cup cheddar shredded room temperature
- ☐ 2 tablespoons chili sauce sweet

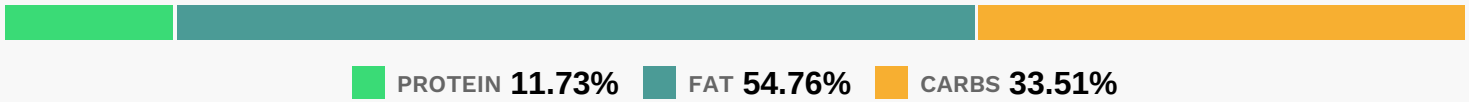
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan over medium-high heat.
- ☐ Add the onions and saute until they start to caramelize, about 7-10 minutes, set aside and reduce the heat to medium.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 onions, the chicken, salsa, sesame seeds, basil and cilantro 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:374.67, Glycemic Load:29.75, Inflammation Score:-8, Nutrition Score:24.623478039451%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Luteolin: 0.01mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 14.42mg, Quercetin: 14.42mg, Quercetin: 14.42mg, Quercetin: 14.42mg

Nutrients (% of daily need)

Calories: 837.14kcal (41.86%), Fat: 51.95g (79.92%), Saturated Fat: 20.52g (128.24%), Carbohydrates: 71.51g (23.84%), Net Carbohydrates: 66.12g (24.04%), Sugar: 38.39g (42.65%), Cholesterol: 96.77mg (32.26%), Sodium: 1079.06mg (46.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.04g (50.08%), Calcium: 553.01mg (55.3%), Selenium: 35.95µg (51.35%), Manganese: 0.92mg (46.23%), Phosphorus: 418.4mg (41.84%), Vitamin B2: 0.49mg (28.68%), Vitamin B1: 0.41mg (27.12%), Vitamin B6: 0.54mg (26.99%), Vitamin B3: 5.13mg (25.66%), Folate:

99.29µg (24.82%), Vitamin E: 3.68mg (24.51%), Vitamin K: 25.09µg (23.89%), Vitamin A: 1161.1IU (23.22%), Zinc: 3.4mg (22.67%), Magnesium: 87.56mg (21.89%), Fiber: 5.39g (21.55%), Vitamin C: 17.28mg (20.94%), Potassium: 649.96mg (18.57%), Copper: 0.37mg (18.5%), Iron: 3.22mg (17.89%), Vitamin B5: 1.12mg (11.2%), Vitamin B12: 0.66µg (11.08%), Vitamin D: 0.37µg (2.44%)