



Sweet Grilled Chicken Sandwich

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 leaves leafy lettuce green
- 4 slices pineapple rings canned drained
- 4 king's hawaiian sandwich rolls sweet hawaiian®
- 4 chicken breasts boneless skinless
- 12 ounce teriyaki sauce
- 8 slices tomatoes (1/)

Equipment

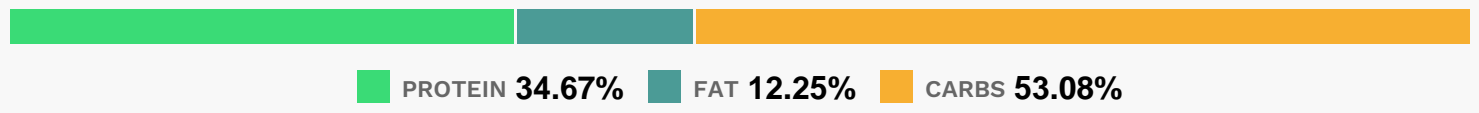
- grill

ziploc bags

Directions

- Place chicken in self-sealing plastic bag along with half of teriyaki sauce. Seal; marinate at least 1-2 hours, turning once or twice.
- Remove chicken from bag. Discard marinade.
- Grill chicken breasts over medium heat about 6-8 minutes on each side or until done. Baste with remaining teriyaki sauce while cooking, 2-3 times.
- Add sandwich rolls and pineapple slices to grill the last few minutes while cooking chicken, turning once to lightly brown both sides. Top each bread slice with lettuce, tomato, chicken breast, and finally with pineapple (optional).
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.6, Inflammation Score:-7, Nutrition Score:23.365652436795%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 415.96kcal (20.8%), Fat: 5.58g (8.58%), Saturated Fat: 1.01g (6.29%), Carbohydrates: 54.36g (18.12%), Net Carbohydrates: 51.49g (18.72%), Sugar: 22.56g (25.07%), Cholesterol: 72.32mg (24.11%), Sodium: 3702.58mg (160.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.51g (71.02%), Selenium: 59.61µg (85.16%), Vitamin B3: 15.77mg (78.86%), Vitamin B6: 1.04mg (52%), Phosphorus: 443.75mg (44.38%), Vitamin B1: 0.45mg (30.04%), Magnesium: 111.55mg (27.89%), Potassium: 879.72mg (25.13%), Vitamin B2: 0.39mg (22.83%), Iron: 4.07mg (22.61%), Vitamin B5: 2.07mg (20.69%), Folate: 78.69µg (19.67%), Manganese: 0.35mg (17.54%), Vitamin C: 14.24mg (17.26%), Copper: 0.3mg (15.11%), Fiber: 2.87g (11.47%), Vitamin A: 551.88IU (11.04%), Calcium: 96.86mg (9.69%), Zinc: 1.44mg (9.57%), Vitamin K: 7.15µg (6.81%), Vitamin E: 0.77mg (5.14%), Vitamin B12: 0.23µg (3.77%)