



Tandoori Chicken Melt

 Popular

READY IN



45 min.

SERVINGS



1

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bread
- ☐ 1 tablespoon butter room temperature ()
- ☐ 1 slice cheddar cheese
- ☐ 0.5 cup tandoori chicken shredded ()
- ☐ 1 tablespoon cilantro leaves chopped ()
- ☐ 1 small chili green chopped ()
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon mayo

☐ 1 tablespoon onion diced red ()

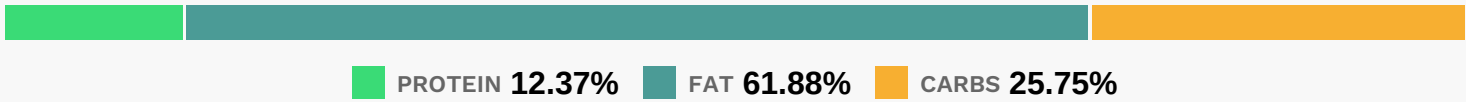
Equipment

☐ grill

Directions

- ☐ Mix the mayo, chicken, onions, cilantro and lemon juice.
- ☐ Assemble sandwich, butter it up and grill it until the cheese has melted and the bread is golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:244.67, Glycemic Load:14.65, Inflammation Score:-6, Nutrition Score:14.321739238241%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 496.23kcal (24.81%), Fat: 34.28g (52.73%), Saturated Fat: 13.67g (85.42%), Carbohydrates: 32.09g (10.7%), Net Carbohydrates: 28.14g (10.23%), Sugar: 5.66g (6.29%), Cholesterol: 73.32mg (24.44%), Sodium: 724.55mg (31.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.42g (30.84%), Selenium: 25.37µg (36.25%), Manganese: 0.69mg (34.59%), Vitamin K: 28.64µg (27.28%), Vitamin B3: 5.02mg (25.1%), Calcium: 201.12mg (20.11%), Phosphorus: 200.56mg (20.06%), Vitamin B1: 0.26mg (17.46%), Fiber: 3.95g (15.8%), Vitamin B2: 0.26mg (15.39%), Vitamin C: 12.6mg (15.27%), Folate: 59.07µg (14.77%), Iron: 2.36mg (13.11%), Vitamin A: 596.48IU (11.93%), Zinc: 1.62mg (10.81%), Vitamin B6: 0.19mg (9.49%), Magnesium: 35.4mg (8.85%), Vitamin B5: 0.85mg (8.5%), Vitamin E: 1.13mg (7.56%), Copper: 0.11mg (5.57%), Potassium: 181.6mg (5.19%), Vitamin B12: 0.3µg (5.08%), Vitamin D: 0.18µg (1.23%)