



## Tarragon Chicken Salad Sandwiches with Apple

READY IN



29 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8.5 ounce bread baguette french
- 2 cups chicken breast cooked chopped
- 0.5 teaspoon dijon mustard
- 1 tablespoon tarragon fresh chopped
- 1 medium apples i use 2 granny smith apples cored thinly sliced
- 4 leaf lettuce leaves red
- 0.5 cup mayonnaise reduced-fat
- 0.4 ounces parmigiano-reggiano cheese shaved

- 1 tablespoon shallots chopped
- 1 tablespoon tarragon vinegar

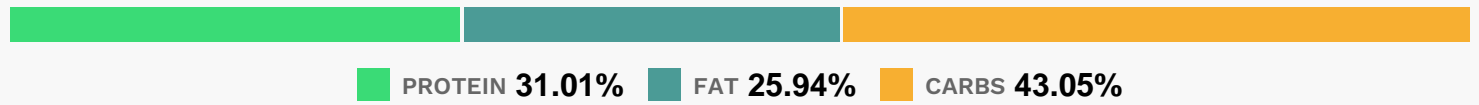
## Equipment

- bowl

## Directions

- Combine shallots and tarragon vinegar in a small bowl; let stand 10 minutes.
- Add mayonnaise, mustard, and tarragon; stir well to combine. Reserve 3 tablespoons mayonnaise mixture.
- Add chicken to remaining mayonnaise mixture; stir well.
- Spread about 2 teaspoons reserved mayonnaise mixture on bottom half of each baguette portion. Top each with 1 lettuce leaf. Divide apple slices and shaved cheese evenly among sandwiches. Top each sandwich evenly with 1/2 cup chicken salad and remaining bread half. Chill until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:80.38, Glycemic Load:26.42, Inflammation Score:-5, Nutrition Score:17.59999981393%

## Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

## Nutrients (% of daily need)

Calories: 388.97kcal (19.45%), Fat: 11.14g (17.13%), Saturated Fat: 2.5g (15.66%), Carbohydrates: 41.58g (13.86%), Net Carbohydrates: 38.91g (14.15%), Sugar: 8.75g (9.72%), Cholesterol: 65.91mg (21.97%), Sodium: 700.48mg (30.46%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.96g (59.91%), Vitamin B3: 12.72mg (63.61%), Selenium: 38.27µg (54.67%), Vitamin B1: 0.5mg (33.03%), Vitamin B6: 0.56mg (27.92%), Phosphorus: 259.83mg (25.98%), Manganese: 0.5mg (24.98%), Vitamin B2: 0.38mg (22.55%), Folate: 85.63µg (21.41%), Iron: 3.82mg (21.22%), Vitamin K: 18.15µg (17.28%), Magnesium: 50.72mg (12.68%), Potassium: 373.74mg (10.68%), Fiber: 2.66g (10.65%), Zinc: 1.53mg (10.18%), Calcium: 101.62mg (10.16%), Vitamin B5: 0.94mg (9.44%), Copper: 0.16mg (7.97%), Vitamin E: 1.02mg (6.81%), Vitamin A: 229.97IU (4.6%), Vitamin B12: 0.27µg (4.53%), Vitamin C: 3.21mg (3.89%)