



Tequila Lime Grilled Chicken Club Sandwich with Guacamole and Roasted Jalapeno Mayo

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



711 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 handful cilantro leaves
- ☐ 8 slices bacon cooked
- ☐ 1 teaspoon cumin toasted
- ☐ 2 cloves garlic
- ☐ 1 cup guacamole
- ☐ 1 jalapeno

- ☐ 4 leaves lettuce
- ☐ 0.5 cup juice of lime
- ☐ 1 teaspoon lime zest
- ☐ 0.3 cup roasted jalapeno mayo (or mayo)
- ☐ 2 tablespoons oil
- ☐ 0.3 cup queso fresco crumbled (or feta)
- ☐ 1 teaspoon salt
- ☐ 4 small chicken breast fillets boneless skinless
- ☐ 4 buns
- ☐ 0.3 cup tequila
- ☐ 4 slices tomatoes

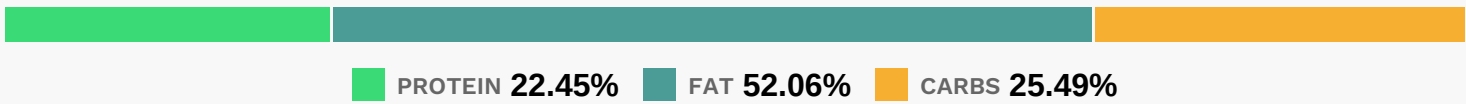
Equipment

- ☐ food processor
- ☐ grill

Directions

- ☐ Puree the tequila, lime juice, oil, lime zest, jalapeno, garlic, cilantro, cumin, salt and pepper in a food processor.
- ☐ Place both the chicken and the marinade in a freezer bag and marinate over night.
- ☐ Heat he grill to medium-high, brush it with oil and grill the chicken until cooked, about 5-7 minutes per side.Assemble the sandwich and enjoy!

Nutrition Facts



Properties

Glycemic Index:102.75, Glycemic Load:24.01, Inflammation Score:-7, Nutrition Score:26.987391482229%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 711.14kcal (35.56%), Fat: 39.45g (60.69%), Saturated Fat: 7.06g (44.1%), Carbohydrates: 43.46g (14.49%), Net Carbohydrates: 37.38g (13.59%), Sugar: 6.57g (7.3%), Cholesterol: 99.3mg (33.1%), Sodium: 1428.93mg (62.13%), Alcohol: 5.01g (100%), Alcohol %: 1.67% (100%), Protein: 38.28g (76.56%), Vitamin B3: 14.86mg (74.32%), Iron: 12.16mg (67.57%), Selenium: 46.63µg (66.62%), Vitamin B6: 1.17mg (58.7%), Vitamin K: 49.69µg (47.33%), Phosphorus: 383.76mg (38.38%), Vitamin C: 25.68mg (31.12%), Vitamin B5: 2.81mg (28.07%), Potassium: 957.46mg (27.36%), Vitamin E: 3.69mg (24.58%), Fiber: 6.08g (24.32%), Folate: 67.52µg (16.88%), Magnesium: 63.85mg (15.96%), Vitamin B1: 0.24mg (15.92%), Vitamin B2: 0.27mg (15.73%), Zinc: 1.91mg (12.71%), Manganese: 0.24mg (12.15%), Vitamin A: 595.14IU (11.9%), Copper: 0.22mg (10.86%), Vitamin B12: 0.55µg (9.09%), Calcium: 84.04mg (8.4%), Vitamin D: 0.41µg (2.74%)