



Teriyaki Chicken Party Sub

 Dairy Free

READY IN



105 min.

SERVINGS



8

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 baguette
- 8 servings kosher salt and pepper freshly ground
- 0.7 cup mayonnaise
- 0.3 small pineapple cored peeled cut into 1/4-inch-thick slices
- 2 cups cabbage shredded red
- 2 scallions white thinly sliced
- 3 tablespoons sesame seed toasted
- 1.5 pounds chicken breasts boneless skinless

- 1 tablespoon sriracha (Asian chile sauce)
- 0.5 cup teriyaki marinade prepared plus more for serving
- 8 servings vegetable oil for the grill

Equipment

- bowl
- paper towels
- plastic wrap
- grill
- pastry brush

Directions

- Place the chicken breasts between two pieces of plastic wrap and pound to about 3/4 inch thick.
- Remove the plastic wrap, then combine the chicken and teriyaki marinade in a large freezer bag and refrigerate 1 to 2 hours.
- Preheat a grill to medium high.
- Mix the mayonnaise, Sriracha and scallions in a bowl; season with salt and pepper.
- Grill the pineapple slices until charred, about 2 minutes per side.
- Remove the chicken from the marinade and season with salt and pepper. Lightly oil the grill grates with the vegetable oil using a paper towel or silicone brush. Grill the chicken until cooked through, 5 to 7 minutes per side. Coat in the toasted sesame seeds and then thinly slice on the diagonal.
- Sandwich build: Split the baguette in half lengthwise and lightly toast on the grill. Schmear the mayo mixture on the baguette top.
- Layer the chicken on the baguette bottom. Top with the grilled pineapple, cabbage and the baguette top.
- Cut into individual sandwiches and serve with more teriyaki marinade.
- Photograph by Kang Kim

Nutrition Facts



■ PROTEIN 19.3% ■ FAT 60.65% ■ CARBS 20.05%

Properties

Glycemic Index:34.93, Glycemic Load:12.85, Inflammation Score:-6, Nutrition Score:20.38086962959%

Flavonoids

Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg, Cyanidin: 46.69mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 483.97kcal (24.2%), Fat: 32.59g (50.14%), Saturated Fat: 5.19g (32.43%), Carbohydrates: 24.24g (8.08%), Net Carbohydrates: 22.27g (8.1%), Sugar: 7.85g (8.72%), Cholesterol: 62.27mg (20.76%), Sodium: 1343.55mg (58.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.33g (46.67%), Vitamin K: 72.23µg (68.79%), Vitamin B3: 10.91mg (54.54%), Selenium: 34.43µg (49.19%), Vitamin B6: 0.8mg (39.76%), Vitamin C: 29mg (35.15%), Manganese: 0.56mg (27.76%), Phosphorus: 269.03mg (26.9%), Vitamin B1: 0.31mg (20.41%), Vitamin B5: 1.5mg (14.97%), Magnesium: 59.57mg (14.89%), Potassium: 507.26mg (14.49%), Vitamin B2: 0.24mg (13.94%), Iron: 2.49mg (13.84%), Vitamin E: 2.07mg (13.77%), Folate: 53.24µg (13.31%), Copper: 0.24mg (12.14%), Calcium: 88.41mg (8.84%), Fiber: 1.97g (7.9%), Zinc: 1.12mg (7.44%), Vitamin A: 335.17IU (6.7%), Vitamin B12: 0.19µg (3.21%)