



Thai Peanut Chik'n Sandwich

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup crunchy natural peanut butter
- 3 cups coleslaw blend (cabbage slaw mix)
- 2 green onions sliced
- 0.3 cup satay sauce
- 0.5 cup pasilla peppers red chopped
- 4 sandwich buns whole wheat thin
- 10 oz boca spicy chik'n™ veggie patties

Equipment

Directions

- Cook patties as directed on package.
- Meanwhile, combine next 4 ingredients.
- Spread cut sides of buns with peanut butter; fill with patties and coleslaw.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.64, Inflammation Score:-3, Nutrition Score:6.4721739136654%

Flavonoids

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 Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 89.29kcal (4.46%), Fat: 3.43g (5.28%), Saturated Fat: 0.52g (3.28%), Carbohydrates: 10.35g (3.45%), Net Carbohydrates: 8.76g (3.19%), Sugar: 1.67g (1.85%), Cholesterol: 0.71mg (0.24%), Sodium: 202.33mg (8.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (8.99%), Vitamin B1: 0.44mg (29.51%), Manganese: 0.27mg (13.41%), Vitamin C: 9.47mg (11.48%), Selenium: 7.97µg (11.38%), Vitamin K: 11.33µg (10.79%), Folate: 38.37µg (9.59%), Vitamin B3: 1.52mg (7.62%), Fiber: 1.59g (6.35%), Phosphorus: 55.03mg (5.5%), Vitamin B2: 0.08mg (4.99%), Iron: 0.86mg (4.78%), Vitamin B12: 0.28µg (4.75%), Magnesium: 18.12mg (4.53%), Vitamin B6: 0.09mg (4.25%), Calcium: 36.88mg (3.69%), Copper: 0.07mg (3.46%), Potassium: 112.56mg (3.22%), Vitamin A: 141.15IU (2.82%), Zinc: 0.41mg (2.72%), Vitamin E: 0.36mg (2.43%), Vitamin B5: 0.16mg (1.59%)