



The Girls' Chicken Sandwiches

READY IN



20 min.

SERVINGS



12

CALORIES



146 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 large leaves boston lettuce halved
- ☐ 3 cups rotisserie chicken breast meat diced cooked
- ☐ 8 ounce pineapple cream cheese spread
- ☐ 3 green onions minced
- ☐ 12 hawaiian bread rolls sweet sliced in half horizontally
- ☐ 0.5 cup poppyseed salad dressing refrigerated to taste
- ☐ 16 ounce strawberries fresh diced hulled

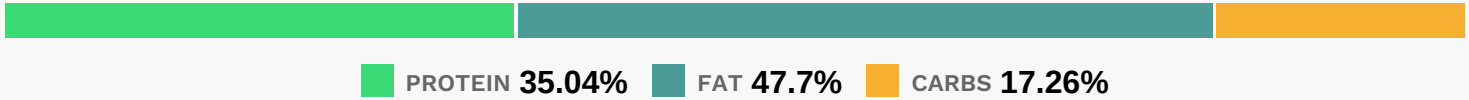
Equipment

☐ bowl

Directions

- ☐ Combine chicken with green onions in a bowl; moisten with poppyseed salad dressing.
- ☐ Spread both cut sides of each Hawaiian roll with pineapple cream cheese.
- ☐ Place a lettuce leaf half on bottom half of each roll; top with 1/4 cup chicken mixture and about 2 tablespoons of strawberries.
- ☐ Place tops on sandwiches to serve.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.9, Inflammation Score:-5, Nutrition Score:7.4969565861899%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 145.72kcal (7.29%), Fat: 7.64g (11.75%), Saturated Fat: 3.34g (20.86%), Carbohydrates: 6.22g (2.07%), Net Carbohydrates: 5.27g (1.92%), Sugar: 3.85g (4.27%), Cholesterol: 42.01mg (14%), Sodium: 214.92mg (9.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.62g (25.24%), Vitamin C: 23.11mg (28.01%), Vitamin B3: 5mg (25%), Vitamin K: 20.3µg (19.34%), Selenium: 10.07µg (14.39%), Vitamin B6: 0.24mg (12.1%), Vitamin A: 473.27IU (9.47%), Phosphorus: 93.93mg (9.39%), Manganese: 0.17mg (8.66%), Potassium: 181.79mg (5.19%), Folate: 17.87µg (4.47%), Magnesium: 17.13mg (4.28%), Iron: 0.75mg (4.18%), Calcium: 40.04mg (4%), Vitamin B5: 0.4mg (3.98%), Fiber: 0.95g (3.81%), Vitamin B2: 0.06mg (3.25%), Vitamin E: 0.45mg (2.99%), Zinc: 0.44mg (2.91%), Vitamin B1:

0.04mg (2.76%), Copper: 0.04mg (2.04%), Vitamin B12: 0.12µg (1.98%)