



Vietnamese Chicken Sandwiches

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz baguette quartered cut in half horizontally
- ☐ 2 carrots shredded
- ☐ 1.5 pounds chicken breast
- ☐ 0.3 cucumber thinly sliced
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup mayonnaise
- ☐ 3 radishes shredded

- ☐ 4 servings salt
- ☐ 1 tablespoon sugar
- ☐ 0.5 cup vinegar white

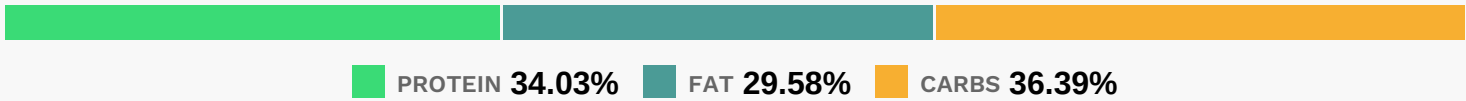
Equipment

- ☐ bowl
- ☐ oven
- ☐ grill
- ☐ aluminum foil
- ☐ toaster
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ In a medium bowl, combine garlic, vinegar, sugar and 1/4 tsp. salt. Stir until sugar and salt dissolve.
- ☐ Add carrots and radishes, tossing to combine. Set aside to marinate.
- ☐ Season chicken lightly with salt. Warm a nonstick grill pan over medium heat. Grill chicken until cooked through, 6 to 7 minutes per side.
- ☐ Transfer chicken to a cutting board, tent with foil and let rest.
- ☐ Tear doughy centers out of bottoms of baguette. Lightly toast baguettes in toaster oven.
- ☐ Thinly slice chicken.
- ☐ Spread 1 Tbsp. mayonnaise on 1bottom piece of baguette. Top with 1/4 of cucumber slices and of chicken slices. Top with 1/4 of carrot mixture and a few cilantro leaves. Cover with top half of baguette. Repeat with remaining baguette pieces and filling.

Nutrition Facts



Properties

Glycemic Index:99.42, Glycemic Load:31.38, Inflammation Score:-10, Nutrition Score:31.961739037348%

Flavonoids

Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg, Pelargonidin: 1.89mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 544.37kcal (27.22%), Fat: 17.33g (26.66%), Saturated Fat: 3.08g (19.25%), Carbohydrates: 47.95g (15.98%), Net Carbohydrates: 45.07g (16.39%), Sugar: 8.86g (9.84%), Cholesterol: 114.74mg (38.25%), Sodium: 1029.58mg (44.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.85g (89.7%), Vitamin B3: 21.94mg (109.69%), Vitamin A: 5236.78IU (104.74%), Selenium: 69.85µg (99.78%), Vitamin B6: 1.44mg (71.87%), Phosphorus: 460.2mg (46.02%), Vitamin B1: 0.64mg (42.35%), Vitamin K: 34.25µg (32.62%), Vitamin B5: 2.92mg (29.17%), Vitamin B2: 0.47mg (27.83%), Folate: 108.34µg (27.09%), Manganese: 0.53mg (26.4%), Potassium: 879.67mg (25.13%), Iron: 3.79mg (21.07%), Magnesium: 73.65mg (18.41%), Zinc: 1.82mg (12.13%), Calcium: 117.81mg (11.78%), Fiber: 2.88g (11.52%), Copper: 0.19mg (9.45%), Vitamin E: 1.26mg (8.41%), Vitamin C: 5.62mg (6.82%), Vitamin B12: 0.36µg (5.95%), Vitamin D: 0.2µg (1.32%)