



Warm Chicken Sandwiches with Mushrooms, Spinach and Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 ounce baby spinach
- ☐ 4 ciabatta rolls halved
- ☐ 8 ounces fontina shredded divided
- ☐ 3 garlic cloves pressed
- ☐ 3 tablespoons olive oil extra-virgin divided plus more for drizzling
- ☐ 2 cups roast chicken shredded
- ☐ 2 tablespoons shallots chopped
- ☐ 12 ounces mushrooms white sliced

☐ 4 servings grain mustard whole

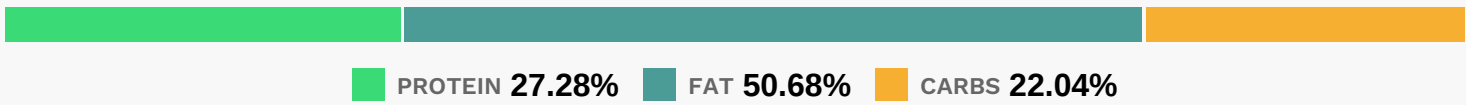
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400°F. Pull some breadfrom ciabatta rolls to form slightly hollowcenters.
- ☐ Drizzle ciabatta rolls with oliveoil.
- ☐ Spread roll bottoms with whole grainmustard.
- ☐ Sprinkle roll bottoms with halfof Fontina cheese.
- ☐ Heat 2 tablespoons oil in large skilletever medium-high heat.
- ☐ Add mushrooms;sauté 4 minutes.
- ☐ Add chopped shallotsand pressed garlic; sauté 3 minutes.
- ☐ Addchicken; sauté 2 minutes to heat through.
- ☐ Transfer to plate.
- ☐ Add 1 tablespoon oilto skillet.
- ☐ Add spinach; sauté 2 minutes.Season to taste with salt and pepper.
- ☐ Drain.Spoon chicken mixture, then spinach overroll bottoms. Top with remaining cheese.Cover with roll tops. Wrap each sandwichtightly in foil.
- ☐ Bake sandwiches untilcheese melts, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:1.44, Inflammation Score:-10, Nutrition Score:28.571739176045%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 595.38kcal (29.77%), Fat: 33.78g (51.97%), Saturated Fat: 13.91g (86.92%), Carbohydrates: 33.05g (11.02%), Net Carbohydrates: 30.38g (11.05%), Sugar: 3.2g (3.55%), Cholesterol: 118.27mg (39.42%), Sodium: 868.93mg (37.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.9g (81.81%), Vitamin K: 179.11µg (170.58%), Vitamin A: 3873.23IU (77.46%), Selenium: 35.78µg (51.12%), Vitamin B3: 8.98mg (44.91%), Phosphorus: 432.93mg (43.29%), Vitamin B2: 0.63mg (37.31%), Calcium: 367.06mg (36.71%), Vitamin B6: 0.54mg (27.01%), Zinc: 3.76mg (25.04%), Folate: 92.23µg (23.06%), Vitamin B5: 2.26mg (22.63%), Manganese: 0.45mg (22.54%), Potassium: 698.11mg (19.95%), Vitamin B12: 1.19µg (19.83%), Copper: 0.39mg (19.27%), Vitamin E: 2.41mg (16.1%), Vitamin C: 12.87mg (15.59%), Magnesium: 62.3mg (15.57%), Iron: 2.6mg (14.44%), Vitamin B1: 0.17mg (11.25%), Fiber: 2.67g (10.67%), Vitamin D: 0.51µg (3.4%)