



## Zesty Jack and Chicken on Ciabatta

READY IN



9 min.

SERVINGS



4

CALORIES



339 kcal

### Ingredients

- 4 servings butter softened
- 4 ciabatta rolls split
- 0.5 cup pepper jelly green red
- 1 ounce monterrey jack cheese
- 1.3 cups rotisserie chicken cut shredded

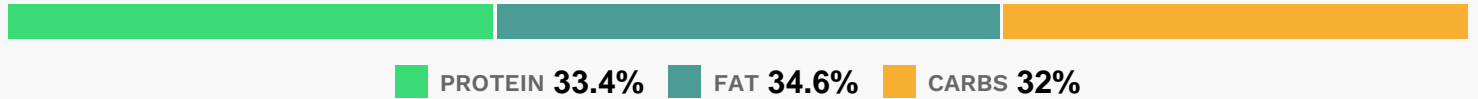
### Equipment

- frying pan

### Directions

- Spread cut sides of rolls with pepper jelly.
- Layer 4 roll halves each with 1 cheese slice, chicken, and a second cheese slice. Top with remaining 4 roll halves.
- Spread outside of sandwiches with softened butter. Cook sandwiches in a nonstick skillet over medium heat, in batches, 2 minutes on each side or until cheese melts and bread is golden brown.

## Nutrition Facts



### Properties

Glycemic Index:21.75, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:2.4065217155477%

### Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

### Nutrients (% of daily need)

Calories: 339.36kcal (16.97%), Fat: 13.07g (20.11%), Saturated Fat: 5.87g (36.69%), Carbohydrates: 27.19g (9.06%), Net Carbohydrates: 26.26g (9.55%), Sugar: 0.5g (0.55%), Cholesterol: 92.77mg (30.92%), Sodium: 623.29mg (27.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.39g (56.77%), Vitamin C: 14.97mg (18.15%), Calcium: 55.93mg (5.59%), Vitamin A: 248.36IU (4.97%), Fiber: 0.93g (3.73%), Phosphorus: 36.39mg (3.64%), Vitamin B6: 0.05mg (2.37%), Vitamin B2: 0.03mg (2.03%), Vitamin K: 1.91µg (1.81%), Zinc: 0.24mg (1.61%), Selenium: 1.08µg (1.54%), Vitamin E: 0.2mg (1.36%), Manganese: 0.02mg (1.18%), Potassium: 39.53mg (1.13%), Vitamin B12: 0.07µg (1.12%)