



CHICKEN CAPRESE SANDWICH

Serving Size: 1

Prep Time: 5 minutes

Total Time: 15 minutes

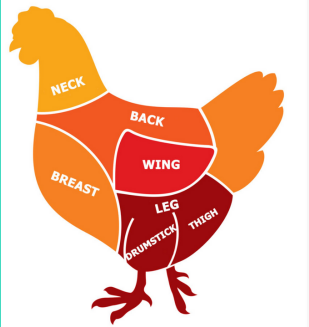
INGREDIENTS

- 1 6" whole wheat sub sandwich roll
- 2 oz fresh mozzarella, sliced
- 1 oz roasted red peppers
- 2 tbsp basil pesto mayo
- 3 oz grilled chicken breast, sliced

DIRECTIONS

1. Spread 1 tbsp of basil pesto mayo on both the top and bottom pieces of bread.
2. Layer chicken on the bottom piece of bread, followed by the roasted red peppers, and fresh mozzarella cheese.

CHICKEN CAPRESE SANDWICH



Grilled Chicken Breast

A low-fat, low-sodium, and low-fat source of lean protein. Grilling chicken is a better cooking method as it uses less fat and it retains more nutrients.

Whole wheat bread



A grain that is high in fiber, many of the B-vitamins, zinc, and iron. Whole grains can help reduce risk of stroke, type 2 diabetes, cardiovascular disease, and lessen inflammation.

Nutrition Facts

Servings 1.0

Amount Per Serving

calories 537

% Daily Value *

Total Fat 24 g **36 %**

Saturated Fat 9 g **43 %**

Monounsaturated Fat 0 g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 113 mg **38 %**

Sodium 883 mg **37 %**

Potassium 0 mg **0 %**

Total Carbohydrate 39 g **13 %**

Dietary Fiber 2 g **8 %**

Sugars 1 g

Protein 44 g **88 %**

Vitamin A **32 %**

Vitamin C **30 %**

Calcium **42 %**

Iron **14 %**