

Chicken Baguette Sandwich

Yield: 3 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-chicken-baguette-recipe>

Ingredients:

- 1/2 baguette
- 1 cup chicken
- 2 cups spinach
- 1/4 cup onion
- cilantro or Parsley – 1 tbsp
- 2 tablespoons lemon juice
- 2 tablespoons extra-virgin olive oil
- salt – to taste
- crushed black pepper – to taste

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 50 milligrams
4. Fat: 12 grams
5. Fiber: 1 grams
6. Protein: 17 grams
7. SaturatedFat: 2 grams
8. Sodium: 410 milligrams
9. Sugar: 1 grams

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