

# Swanson® Heart Healthy Chicken Sandwich

Yield: 4 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/swanson-easter-recipe>

## Ingredients:

- 2 tablespoons nonfat plain yogurt
- 2 tablespoons light mayonnaise
- 1/3 cup chopped celery
- 2 tablespoons finely chopped onions
- 9 3/4 ounces chicken breast Swanson® Premium Chunk, in Water, drained
- 8 slices whole wheat bread Pepperidge Farm® Whole Grain 100%
- 8 slices tomatoes
- 4 lettuce leaves

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 45 milligrams
4. Fat: 7 grams
5. Fiber: 3 grams
6. Protein: 21 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 410 milligrams
9. Sugar: 6 grams

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