

Italian Chicken Sandwich

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/zesty-italian-chicken-recipe-zucchini-grape-tomatoes>

Ingredients:

- 2 chicken breasts
- 1 tablespoon unsalted butter
- 1/2 tablespoon olive oil
- 1 sprig oregano
- 5 basil leaves
- 1 sprig rosemary
- 2 sprigs thyme
- 1/4 cup white wine
- 1 clove garlic
- 1/2 zucchini quartered and sliced
- 1/2 yellow squash quartered and sliced
- 1/2 sweet onion yellow, sliced
- 6 mushrooms sliced
- 10 grape tomatoes
- 4 rolls pretzel
- 4 provolone sliced

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 80 milligrams
4. Fat: 10 grams
5. Fiber: 8 grams
6. Protein: 33 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 340 milligrams
9. Sugar: 17 grams

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