

# Chicken, Asparagus & Swiss Grilled Cheese

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## Servings: 4

*8 slices whole-grain bread*  
*8 slices (6 ounces) Swiss cheese*  
*8 slices (4 ounces) deli-shaved cooked chicken breast*  
*16 fresh asparagus spears, trimmed and steamed until crisp-tender*  
*2 tablespoons basil pesto*  
*3 tablespoons butter, softened*

Top each of four bread slices with two slices of cheese, followed by two slices of chicken breast and four asparagus spears.

Spread the remaining slices of bread with the pesto. Place on top of the asparagus, spread side down. Brush both sides of each sandwich with butter.

Heat a nonstick skillet or griddle over medium heat. Add two sandwiches to the skillet. Cook for 2 minutes. Turn the sandwiches over. Cook for 2 minutes more or until the cheese is melted. Repeat with the remaining sandwiches.

Start to Finish Time: 20 minutes

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Per Serving (excluding unknown items): 1135 Calories; 74g Fat (58.4% calories from fat); 73g Protein; 46g Carbohydrate; 6g Dietary Fiber; 231mg Cholesterol; 1120mg Sodium. Exchanges: 2 1/2 Grain(Starch); 8 Lean Meat; 9 1/2 Fat.

Sandwiches

## Per Serving Nutritional Analysis

Calories (kcal):	1135	Vitamin B6 (mg):	.3mg
% Calories from Fat:	58.4%	Vitamin B12 (mcg):	3.8mcg
% Calories from Carbohydrates:	16.2%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	25.4%	Riboflavin B2 (mg):	1.0mg
Total Fat (g):	74g	Folacin (mcg):	57mcg
Saturated Fat (g):	46g	Niacin (mg):	3mg
Monounsaturated Fat (g):	20g	Caffeine (mg):	0mg
	3g	Alcohol (kcal):	0

<b>Polyunsaturated Fat (g):</b>	
<b>Cholesterol (mg):</b>	231mg
<b>Carbohydrate (g):</b>	46g
<b>Dietary Fiber (g):</b>	6g
<b>Protein (g):</b>	73g
<b>Sodium (mg):</b>	1120mg
<b>Potassium (mg):</b>	466mg
<b>Calcium (mg):</b>	2242mg
<b>Iron (mg):</b>	3mg
<b>Zinc (mg):</b>	10mg
<b>Vitamin C (mg):</b>	0mg
<b>Vitamin A (i.u.):</b>	2242IU
<b>Vitamin A (r.e.):</b>	656 1/2RE

% Daily Values      0 0%

## Food Exchanges

<b>Grain (Starch):</b>	2 1/2
<b>Lean Meat:</b>	8
<b>Vegetable:</b>	0
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	9 1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 1135      **Calories from Fat:** 663

### % Daily Values\*

<b>Total Fat</b> 74g	114%
Saturated Fat 46g	232%
<b>Cholesterol</b> 231mg	77%
<b>Sodium</b> 1120mg	47%
<b>Total Carbohydrates</b> 46g	15%
Dietary Fiber 6g	23%
<b>Protein</b> 73g	
<b>Vitamin A</b>	45%
<b>Vitamin C</b>	0%
<b>Calcium</b>	224%
<b>Iron</b>	18%

\* Percent Daily Values are based on a 2000 calorie diet.