



HEALTHY HAWAIIAN CHICKEN ROLL RECIPE



☰ Prep: 5 mins
🕒 Cook: 0 mins
🍴 Serves: 1
☆☆☆☆☆

Ingredients

- ▲ 1 wholemeal or wholegrain roll
- ▲ 100 g skinless chicken breast, cooked, shredded
- ▲ 1 ring pineapple
- ▲ 1 small tomato, sliced
- ▲ 1 medium iceberg lettuce leaf, roughly torn
- ▲ 1 tbs low-fat mayonnaise

Method

1. Cut bread roll in half.
2. Over the base, add chicken slices, pineapple, tomato and lettuce leaf.
3. Spread mayonnaise over bread top and sandwich with the base.

Nutrition Information

	per serving	per 100g
Energy	1963 kJ	512 kJ
Protein	39 g	10 g
Fat, total	11 g	3 g
— saturated	2 g	0.6 g
Carbohydrate	49 g	13 g
— sugars	16 g	4 g
Sodium	663 mg	173 mg
Fibre	6 g	2 g