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# Chicken Submarine



Submarine sandwich buns, whole wheat or multigrain (10 in.)	5	600 g
Mayonnaise	75 ml 5 tablespoons	70 g
<b>Salsa</b>		
Peaches, canned and pureed	250 ml 1 cup	270 g
Celery stalk, diced	½	40 g
Red onion, chopped	½	75 g
White vinegar	10 ml 2 teaspoons	10 g
Pepper	To taste	
<b>Ground chicken, formed sub-shaped (706-7148)</b>	1.4 lbs.	650 g
Lettuce leaves	10	250 g
Swiss cheese	250 ml 1 cup	115 g
Red pepper, cut into strips	½	50 g
Green pepper, cut into strips	½	80 g

- : 10
- : 12 minutes
- : none
- : no

Nutrition Facts	
For ½ submarine (180 g)	
Amount	% Daily Value
<b>Calories</b> 370	
<b>Fat</b> 14 g	22%
Saturated 3.5 g	
+ trans 0 g	
Polyunsaturated 2 g	
Omega-6 1 g	
Omega-3 0.2 g	
Monounsaturated 6 g	
<b>Cholesterol</b> 50 mg	17%
<b>Sodium</b> 650 mg	27%
Potassium 380 mg	11%
<b>Carbohydrates</b> 40 g	13%
Fibre 2 g	
Sugar 10 g	
<b>Protein</b> 21 g	
Vitamin A 271 RE	25%
Vitamin C 17 mg	30%
Calcium 194 mg	20%
Iron 3.3 mg	25%
Phosphorus 152.5 mg	15%

1 Combine peaches, celery, red onion, vinegar and pepper in a bowl to make salsa.

3 Place chicken, lettuce, cheese and peppers in each bun.

2 Open buns and spread with mayonnaise and peach salsa.

**Chef's Remarks**

replacement product: as an alternative, use chicken thigh strips, Oriental flavour (702-1463).

**Canada's Food Guide Portions**

½ serving of vegetables and fruit + 1 ¾ servings of grain products + ¼ serving of milk and alternatives + 1 serving of meat and alternatives.

**Olymel Product Allergens**

**\*Contains: gluten (wheat), soya**

**Food Exchange System**

2 servings of starch  
+ 2 servings of vegetables  
+ 1 ½ servings of meat and alternatives  
+ 1 ¾ servings of fat.

\*Verified allergens: peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)