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Santa Fe Chicken Sandwich ♦♦

The Santa Fe Chicken Sandwich is a delicious and satisfying sandwich that is perfect for lunch or dinner. It features grilled chicken breast, melted cheese, and a flavorful Santa Fe sauce, all served on a toasted bun. This sandwich is packed with flavor and is sure to become a new favorite!

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

400 g	chicken breast
200 g	cheese
300 g	bun
100 g	lettuce
100 g	Tomato

50 g	mayonnaise
25 g	Jalapeno
50 g	onion
10 g	Cilantro
30 ml	lime juice
5 g	salt
5 g	pepper
5 g	cumin
5 g	paprika

Directions

Step 1

Grilling

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Grilling

Season the chicken breasts with salt, pepper, cumin, and paprika.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Grilling

Grill the chicken breasts for 5-6 minutes per side, or until cooked through.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Mixing

While the chicken is grilling, prepare the Santa Fe sauce by combining mayonnaise, diced jalapeno, diced onion, chopped cilantro, lime juice, salt, and pepper in a small bowl.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Grilling

Toast the buns on the grill for 1-2 minutes, or until lightly browned.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Spread the Santa Fe sauce on the bottom half of each bun.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Place a grilled chicken breast on top of the sauce on each bun.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Top each chicken breast with a slice of cheese.

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Add lettuce and tomato slices on top of the cheese.

Prep Time: 0 mins

Cook Time: 0 mins

Step 10

Cover with the top half of each bun and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Microwave

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Lunch

Snack

Dinner

Course

Appetizers

Main Dishes

Side Dishes

Desserts

Drinks

Breads

Salads

Soups

Snacks

Sauces & Dressings

Cooking Method

Steaming

Difficulty Level

Medium

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