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## Fiesta Chicken Sandwich ♦

A delicious and flavorful chicken sandwich with a Mexican twist. It's perfect for a quick and satisfying meal.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>400 g</b>	chicken breast
<b>2 tbsp</b>	taco seasoning
<b>2 tbsp</b>	Olive oil
<b>1 medium</b>	onion
<b>1 medium</b>	bell pepper

<b>1 small</b>	Jalapeno
<b>2 cloves</b>	garlic
<b>1 medium</b>	Lime
<b>1 medium</b>	Avocado
<b>2 medium</b>	Tomato
<b>8 leaves</b>	lettuce
<b>4 tbsp</b>	mayonnaise
<b>2 tsp</b>	hot sauce
<b>1 tsp</b>	Salt
<b>1 tsp</b>	Pepper
<b>4 pieces</b>	ciabatta rolls

## Directions

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### Step 1

#### Grilling

Preheat the grill or stovetop grill pan to medium-high heat.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 2

Grilling

Season the chicken breast with taco seasoning, salt, and pepper.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 3

Grilling

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

**Prep Time:** 0 mins

**Cook Time:** 12 mins

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## Step 4

Cutting

Remove the chicken from the grill and let it rest for a few minutes. Slice it into thin strips.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

Sautéing

While the chicken is resting, heat olive oil in a pan over medium heat. Add onion, bell pepper, jalapeno, and garlic. Sauté until vegetables are tender.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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## Step 6

Mixing

In a small bowl, mash avocado with lime juice, salt, and pepper to make guacamole.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 7

Spreading

Spread mayonnaise and hot sauce on the ciabatta rolls.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 8

Layering

Layer lettuce, tomato slices, grilled chicken, sautéed vegetables, and guacamole on the rolls.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 9

Serving

Serve the Fiesta Chicken Sandwiches with your favorite side dish and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 12 g

**Protein:** 25 g

**Carbohydrates:** 35 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	25 g	147.06%	147.06%
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## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	7 g	18.42%	28%
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	6 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	12 g	42.86%	48%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	8 mg	0.8%	0.8%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Picnic

### Cuisines

Mexican

American

Middle Eastern

### Nutritional Content

Low Calorie

Low Fat

High Fiber

Low Sodium

High Calcium

### Kitchen Tools

Microwave

Slow Cooker

### Course

Appetizers

Main Dishes

Salads

Snacks

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Easy

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