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Tomato Mozzarella Chicken Sandwich ••

This delicious tomato mozzarella chicken sandwich is a perfect meal for lunch or dinner. It features juicy grilled chicken breast topped with fresh tomatoes, creamy mozzarella cheese, and a tangy balsamic glaze. Served on a toasted ciabatta roll, this sandwich is packed with flavor and sure to satisfy your cravings.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	chicken breast
200 g	Tomatoes
200 g	mozzarella cheese
4 tbsp	balsamic glaze

4
pieces

ciabatta rolls

Directions

Step 1

Grilling

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Season the chicken breasts with salt and pepper.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Grilling

Grill the chicken breasts for 6-8 minutes per side, or until cooked through.

Prep Time: 0 mins

Cook Time: 12 mins

Step 4

Cutting

Slice the tomatoes and mozzarella cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Toasting

Toast the ciabatta rolls.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Assemble the sandwiches by placing a grilled chicken breast on each roll, topping with sliced tomatoes and mozzarella cheese, and drizzling with balsamic glaze.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve the sandwiches immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 15 g

Protein: 25 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

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

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	3 g	7.89%	12%
Sugars	4 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	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	80 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	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	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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