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Chicken Club Tuscano Sub

The Chicken Club Tuscano Sub is a delicious sandwich made with chicken, bacon, lettuce, tomato, and mayo. It is served on a 6-inch wheat or white bread. This sub is perfect for lunch or dinner and can be enjoyed by non-vegetarians.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

150 g	Chicken
50 g	bacon
20 g	lettuce
30 g	Tomato
10 g	mayo

100 g wheat or white bread

Directions

Step 1

Grilling

Cook the chicken and bacon until fully cooked.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Cutting

Slice the tomato and lettuce.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Spreading

Spread mayo on the bread.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Assemble the sandwich by layering the chicken, bacon, lettuce, and tomato on the bread.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 10 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)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	2 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	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	8 mg	53.33%	53.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Middle Eastern

Diet

Anti-Inflammatory Diet

Course

Drinks

Salads

Snacks

Cultural

Chinese New Year

Diwali

Passover

Christmas

Halloween

Cost

Under \$10

\$10 to \$20

\$30 to \$40

Demographics

Kids Friendly

Teen Friendly

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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