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Regular Buffalo Chicken Cheese Steak Wheat Sub ••

A delicious sandwich made with buffalo chicken, cheese, and wheat bread. Perfect for lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

400 g	chicken breast
4 tbsp	buffalo sauce
4 slices	cheese
4 pieces	wheat sub roll

8	lettuce
leaves	
4 slices	Tomato
4 slices	onion
4 tbsp	mayonnaise
1 tsp	Salt
1 tsp	Pepper

Directions

Step 1

Grilling

Grill the chicken breast until cooked through.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Cutting

Slice the chicken breast into thin strips.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Toasting

Toast the wheat sub rolls.

Prep Time: 1 mins

Cook Time: 2 mins

Step 4

Spreading

Spread mayonnaise on one side of each sub roll.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Layering

Layer lettuce, tomato, and onion slices on the mayo side of the sub rolls.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Placing

Place the sliced chicken breast on top of the vegetables.

Prep Time: 1 mins

Cook Time: 0 mins

Step 7

Drizzling

Drizzle buffalo sauce over the chicken.

Prep Time: 1 mins

Cook Time: 0 mins

Step 8

Placing

Place a slice of cheese on top of the chicken.

Prep Time: 1 mins

Cook Time: 0 mins

Step 9

Seasoning

Season with salt and pepper to taste.

Prep Time: 1 mins

Cook Time: 0 mins

Step 10

Serving

Close the sub rolls and serve.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 15 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	3 g	7.89%	12%
Sugars	3 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	40 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	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%

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

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

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 Snack Supper

Difficulty Level

Easy

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