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Grilled Smashchicken Sandwich ♦♦

The Grilled Smashchicken Sandwich is a popular dish in North Carolina. It is made with grilled chicken breast, smashed avocado, crispy bacon, lettuce, tomato, and mayonnaise. The sandwich is served on a toasted bun and is a delicious and satisfying meal.

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	Avocado
100 g	bacon
100 g	lettuce
100 g	Tomato

50 g	mayonnaise
400 g	bun

Directions

Step 1

Preheating

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Grilling

Grill the chicken breast for 6-8 minutes per side until cooked through.

Prep Time: 0 mins

Cook Time: 12 mins

Step 3

Frying

While the chicken is grilling, cook the bacon until crispy.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Mashing

Smash the avocado and season with salt and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Toasting

Toast the bun on the grill or in a toaster.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Assembly

Assemble the sandwich by spreading mayonnaise on the bottom bun, followed by lettuce, tomato, grilled chicken, smashed avocado, and crispy bacon. Top with the other half of the bun.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 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%
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	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	15 g	53.57%	60%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
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%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	100 mg	10%	10%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	2 mg	25%	11.11%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Barbecue

Picnic

Meal Type

Snack

Lunch

Dinner

Nutritional Content

Low Calorie

Kitchen Tools

Slow Cooker

Course

Appetizers

Main Dishes

Side Dishes

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Easter

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Vegetarian Diet

Healthy For

Gastroesophageal reflux disease (GERD)

Liver disease

Difficulty Level

Medium

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