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Missouri, St Louis Crispy Smashchicken Sandwich

The Missouri, St Louis Crispy Smashchicken Sandwich is a delicious and crispy chicken sandwich inspired by the flavors of St Louis. It features a crispy breaded chicken patty, tangy pickles, and a creamy mayo-based sauce, all served on a toasted bun. This sandwich is perfect for lunch or dinner and is sure to satisfy your cravings.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

400 g	chicken breast
100 g	breadcrumbs
1 pieces	Egg

50 g	flour
1 tsp	salt
1 tsp	pepper
50 ml	vegetable oil
50 g	mayonnaise
2 tsp	mustard
100 g	Pickles
50 g	lettuce
100 g	Tomato
50 g	onion
4 pieces	bun

Directions

Step 1

Preheating

Preheat the oven to 200°C.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Pound the chicken breasts to an even thickness.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a shallow bowl, combine the breadcrumbs, salt, and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Coating

Dip each chicken breast into the flour, then into the beaten egg, and finally into the breadcrumb mixture, pressing firmly to adhere.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Frying

Heat the vegetable oil in a large skillet over medium heat. Cook the breaded chicken breasts for 4-5 minutes on each side or until golden brown and cooked through.

Prep Time: 5 mins

Cook Time: 10 mins

Step 6

Mixing

In a small bowl, mix together the mayonnaise and mustard.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Spreading

Spread the mayo-mustard sauce on the bottom half of each bun.

Prep Time: 2 mins

Cook Time: 0 mins

Step 8

Assembling

Top with a breaded chicken breast, pickles, lettuce, tomato, and onion.

Prep Time: 2 mins

Cook Time: 0 mins

Step 9

Assembling

Cover with the top half of the bun.

Prep Time: 2 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)
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Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
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	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
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	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	8 mg	0.8%	0.8%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Christmas Barbecue Game Day

Cuisines

French American

Course

Drinks Salads Snacks Sauces & Dressings

Cultural

Chinese New Year Diwali

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Heart Healthy

Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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