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Louisiana Crispy Smashchicken Sandwich ••

The Louisiana Crispy Smashchicken Sandwich is a delicious and flavorful sandwich inspired by the cuisine of Louisiana. It features a crispy chicken patty, seasoned with Cajun spices, and served on a toasted bun with lettuce, tomato, pickles, and a tangy remoulade sauce. This sandwich is perfect for lunch or dinner and is sure to satisfy your cravings for a tasty and satisfying meal.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

500 g	chicken breast
2 tsp	cajun seasoning
1 c	flour

2 pieces	Egg
1 c	breadcrumbs
1 c	vegetable oil
4 pieces	burger buns
100 g	lettuce
100 g	Tomato
50 g	Pickles
4 tbsp	remoulade sauce

Directions

Step 1

Preheating

Preheat the oven to 200°C (400°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Pound the chicken breast to an even thickness.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Season the chicken breast with Cajun seasoning.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Breading

Dredge the chicken breast in flour, then dip in beaten eggs, and coat with breadcrumbs.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Frying

Heat vegetable oil in a skillet over medium-high heat. Fry the chicken breast until golden brown and cooked through, about 4 minutes per side.

Prep Time: 0 mins

Cook Time: 8 mins

Step 6

Oven

Toast the burger buns in the oven for 2-3 minutes, until lightly browned.

Prep Time: 0 mins

Cook Time: 3 mins

Step 7

Assemble the sandwich by placing the chicken patty on the bottom bun, then adding lettuce, tomato, pickles, and a dollop of remoulade sauce. Top with the other half of the bun.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 15 g

Protein: 25 g

Carbohydrates: 40 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	40 g	72.73%	80%
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	8 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	15 mg	16.67%	20%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
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

American

Diet

Anti-Inflammatory Diet

Events

Picnic

Course

Appetizers

Main Dishes

Side Dishes

Desserts

Drinks

Breads

Salads

Soups

Snacks

Sauces & Dressings

Healthy For

Hepatitis

Meal Type

Breakfast

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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