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Grilled Smashchicken Sandwich ♦

The Grilled Smashchicken Sandwich is a delicious and satisfying sandwich made with grilled chicken breast, fresh vegetables, and a flavorful sauce. It is perfect for a quick and easy meal or a summer barbecue. The chicken is marinated in a blend of spices and grilled to perfection, giving it a smoky and savory flavor. The sandwich is then assembled with lettuce, tomato, onion, and the sauce, and served on a toasted bun. It is a crowd-pleasing recipe that is sure to become a favorite.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	chicken breast
2 tsp	spices (paprika, garlic powder, onion powder, salt, black pepper)
100 g	lettuce

100 g	Tomato
50 g	onion
4 tbsp	sauce (mayonnaise, mustard, honey)
200 g	Bun

Directions

Step 1

Preheating

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, mix together the spices (paprika, garlic powder, onion powder, salt, black pepper).

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Rubbing

Rub the chicken breasts with the spice mixture.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Grilling

Grill the chicken breasts for 5-6 minutes per side, or until cooked through.

Prep Time: 0 mins

Cook Time: 12 mins

Step 5

Resting

Remove the chicken from the grill and let it rest for 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Cutting

Slice the chicken into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Toasting

Toast the buns on the grill for 1-2 minutes, or until lightly browned.

Prep Time: 0 mins

Cook Time: 2 mins

Step 8

Spreading

Spread the sauce on the bottom half of each bun.

Prep Time: 2 mins

Cook Time: 0 mins

Step 9

Layering

Layer the lettuce, tomato, onion, and sliced chicken on top of the sauce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 10

Serving

Cover with the top half of the bun and serve.

Prep Time: 0 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	10 g	35.71%	40%
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	20 mg	1538.46%	1538.46%
Vitamin B12	10 mcg	416.67%	416.67%
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	6 mg	0.6%	0.6%
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

Events

Picnic

Kitchen Tools

Slow Cooker

Blender

Grill

Nutritional Content

Low Calorie

Cuisines

Italian

Middle Eastern

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Course

Appetizers

Main Dishes

Side Dishes

Desserts

Drinks

Breads

Difficulty Level

Medium

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