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Crispy Smashchicken Sandwich ♦♦

The Crispy Smashchicken Sandwich is a delicious sandwich that originated in Iowa. It is made with crispy chicken, lettuce, tomato, and mayo, 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: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

400 g	chicken breast
100 g	lettuce
100 g	Tomato
50 g	mayonnaise
200 g	bun

Directions

Step 1

Preheating

Preheat the oven to 400°F.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Seasoning

Season the chicken breast with salt and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Baking

Place the chicken breast on a baking sheet and bake for 20 minutes or until cooked through.

Prep Time: 0 mins

Cook Time: 20 mins

Step 4

Preparation

While the chicken is cooking, prepare the lettuce, tomato, and mayo.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Cooling

Once the chicken is cooked, remove it from the oven and let it cool for a few 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 bun in a toaster or on a grill.

Prep Time: 0 mins

Cook Time: 2 mins

Step 8

Assembling

Assemble the sandwich by spreading mayo on the bun, then adding lettuce, tomato, and the sliced chicken.

Prep Time: 2 mins

Cook Time: 0 mins

Step 9

Serving

Serve the Crispy Smashchicken Sandwich and enjoy!

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%
Fibers	2 g	5.26%	8%
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	2 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	3 g	13.64%	17.65%
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	15 mg	16.67%	20%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	25 mcg	1041.67%	1041.67%
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	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	20 mg	0.59%	0.77%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Course

Sauces & Dressings

Main Dishes

Salads

Snacks

Cultural

Chinese New Year

Cinco de Mayo

Passover

Ramadan

St. Patrick's Day

Difficulty Level

Medium

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