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Windy City Grilled Smashchicken Sandwich ••

The Windy City Grilled Smashchicken Sandwich is a delicious grilled chicken sandwich inspired by the flavors of Chicago. It features a juicy chicken breast, melted cheese, tangy pickles, and a special 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: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	chicken breast
200 g	cheese
100 g	Pickles

4 buns
pieces

50 g special sauce

Directions

Step 1

Preheating

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Grilling

Season the chicken breast with salt and pepper.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Grilling

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

Prep Time: 0 mins

Cook Time: 15 mins

Step 4

Grilling

During the last few minutes of grilling, place a slice of cheese on top of each chicken breast to melt.

Prep Time: 0 mins

Cook Time: 3 mins

Step 5

Grilling

Toast the buns on the grill until lightly browned.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Assemble the sandwiches by placing a grilled chicken breast on the bottom half of each bun.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Top with pickles and a drizzle of special sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Cover with the top half of the bun and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	2 g	5.26%	8%
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	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	60 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	2 mg	2.22%	2.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Nutritional Content

Low Calorie

Course

Side Dishes

Desserts

Drinks

Breads

Salads

Soups

Snacks

Sauces & Dressings

Difficulty Level

Medium

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