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## Chicken Salad Sandwich ♦

A classic sandwich made with chicken salad, perfect for a quick and delicious meal.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

<b>400 g</b>	chicken breast
<b>4 tbsp</b>	mayonnaise
<b>2 stalks</b>	celery
<b>1</b> <b>medium</b>	red onion
<b>4 slices</b>	Dill pickle
<b>4</b> <b>leaves</b>	lettuce

8 slices bread

## Directions

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### Step 1

Boiling

Cook the chicken breast and let it cool.

**Prep Time:** 10 mins

**Cook Time:** 20 mins

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### Step 2

Cutting

Shred the cooked chicken into small pieces.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Cutting

Chop the celery, red onion, and dill pickle into small pieces.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

### Mixing

In a mixing bowl, combine the shredded chicken, chopped celery, red onion, dill pickle, and mayonnaise. Mix well.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 5

### Toasting

Toast the bread slices.

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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## Step 6

### Layering

Spread the chicken salad mixture on 4 slices of toasted bread. Top with lettuce leaves and another slice of toasted bread.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 7

### Cutting

Cut the sandwiches diagonally and serve.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 8 g

**Protein:** 22 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	22 g	129.41%	129.41%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	60 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	4 mg	4.44%	5.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	300 mg	8.82%	11.54%
Zinc	10 mg	90.91%	125%
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

### Course

Salads

Soups

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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