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Thai Chicken Salad Sandwich (Woburn) ♦♦

This Thai Chicken Salad Sandwich is a delicious and flavorful twist on a classic sandwich. It combines tender grilled chicken, crunchy vegetables, and a tangy Thai-inspired dressing. Perfect for lunch or a light dinner.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 10 mins

Total Time: 30 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

300 g	grilled chicken breast
100 g	carrot
100 g	cucumber
100 g	Red Bell Pepper

100 g	lettuce
400 g	bread
50 g	mayonnaise
30 ml	lime juice
15 ml	fish sauce
10 g	sugar
2 g	thai chili
10 g	Cilantro
10 g	mint leaves

Directions

Step 1

Grilling

Grill the chicken breast until cooked through. Let it cool and then slice it into thin strips.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Cutting

Julienne the carrot, cucumber, and red bell pepper. Chop the lettuce.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a small bowl, whisk together the mayonnaise, lime juice, fish sauce, sugar, minced Thai chili, chopped cilantro, and mint leaves to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Spreading

Spread the dressing on one side of each bread slice.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Layering

Layer the sliced chicken, julienned vegetables, and lettuce on one slice of bread. Top with another slice of bread.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Cutting

Cut the sandwich into halves or quarters.

Prep Time: 1 mins

Cook Time: 0 mins

Step 7

Serving

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 10 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	5 g	13.16%	20%
Sugars	10 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	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	3 mg	20%	20%
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	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Thai

Course

Salads

Sauces & Dressings

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Kitchen Tools

Blender

Oven

Microwave

Nutritional Content

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Difficulty Level

Medium

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