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## Tarragon Chicken Salad Sandwich ♦♦

Tarragon Chicken Salad Sandwich is a classic sandwich made with tender chicken, mayonnaise, tarragon, and other flavorful ingredients. It is perfect for a quick and delicious lunch or dinner. The sandwich is commonly enjoyed cold and can be served on your choice of bread or roll.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 15 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

400 g	chicken breast
120 g	mayonnaise
10 g	Tarragon
60 g	celery
40 g	red onion

15 ml	lemon juice
5 g	Salt
2 g	Black pepper
400 g	bread or roll

## Directions

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### Step 1

#### Boiling

Cook the chicken breast until fully cooked and tender. Allow it to cool and then shred it into small pieces.

**Prep Time:** 10 mins

**Cook Time:** 15 mins

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### Step 2

#### Mixing

In a large bowl, combine the shredded chicken, mayonnaise, tarragon, celery, red onion, lemon juice, salt, and black pepper. Mix well to combine.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Refrigerating

Refrigerate the chicken salad mixture for at least 1 hour to allow the flavors to meld together.

**Prep Time:** 0 mins

**Cook Time:** 60 mins

## Step 4

### Preparation

Spread the chicken salad mixture onto bread or rolls to make sandwiches.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 230 kcal

**Fat:** 10 g

**Protein:** 28 g

**Carbohydrates:** 5 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	28 g	164.71%	164.71%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	1 g	2.63%	4%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	85 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	4 iu	0.44%	0.57%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	350 mg	15.22%	15.22%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	310 mg	9.12%	11.92%
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

Snacks

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Easy

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