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6" Oven Roasted Chicken Breast Sandwich ••

This 6" Oven Roasted Chicken Breast Sandwich is a delicious and satisfying meal. The chicken breast is marinated and roasted to perfection, then served on a fresh bun with your favorite toppings. It's a classic sandwich that is perfect for lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

200 g	chicken breast
100 g	bun
20 g	lettuce
50 g	Tomato

30 g	mayonnaise
10 g	mustard
2 g	Salt
2 g	Pepper

Directions

Step 1

Preheating

Preheat the oven to 375°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

Roasting

Place the chicken breast on a baking sheet and roast in the oven for 25-30 minutes, or until cooked through.

Prep Time: 0 mins

Cook Time: 30 mins

Step 4

Toasting

Slice the bun in half and toast if desired.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Spreading

Spread mayonnaise and mustard on the bottom half of the bun.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Assembling

Place the lettuce and tomato slices on top of the condiments.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Assembling

Slice the cooked chicken breast and place it on top of the vegetables.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Assembling

Cover with the top half of the bun and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 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	3 g	7.89%	12%
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	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	60 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	10 mcg	416.67%	416.67%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

Vegetarian Diet

Course

Main Dishes

Side Dishes

Salads

Sauces & Dressings

Demographics

Senior Friendly

Teen Friendly

Diabetic Friendly

Cooking Method

None

Mashing

Refrigerating

Healthy For

Gastroesophageal reflux disease (GERD)

Liver disease

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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