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Chicken Breast Sandwich - Crispy

A delicious and crispy chicken breast sandwich that is perfect for lunch or dinner. The chicken breast is breaded and fried to perfection, creating a crispy and flavorful sandwich that is sure to satisfy your cravings.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

400 g	chicken breast
100 g	bread crumbs
2 pieces	Egg
50 g	flour
1 teaspoon	salt

1 teaspoon	pepper
2 tablespoon	oil
100 g	lettuce
100 g	Tomato
50 g	mayonnaise
8 slices	bread

Directions

Step 1

Preheating

Preheat the oven to 200°C.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Pound the chicken breasts to an even thickness.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a shallow bowl, combine the bread crumbs, salt, and pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Mixing

In another shallow bowl, beat the eggs.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Coating

Dip each chicken breast into the flour, then into the beaten eggs, and finally into the bread crumb mixture, pressing firmly to adhere.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Heating

Heat the oil in a large skillet over medium heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Frying

Add the breaded chicken breasts to the skillet and cook until golden brown and cooked through, about 4-5 minutes per side.

Prep Time: 0 mins

Cook Time: 10 mins

Step 8

Oven

Transfer the cooked chicken breasts to a baking sheet and place in the preheated oven to keep warm.

Prep Time: 0 mins

Cook Time: 5 mins

Step 9

Grilling

Toast the bread slices in a toaster or on a grill.

Prep Time: 2 mins

Cook Time: 0 mins

Step 10

Spreading

Spread mayonnaise on one side of each bread slice.

Prep Time: 2 mins

Cook Time: 0 mins

Step 11

Plating

Place a lettuce leaf and a tomato slice on one slice of bread.

Prep Time: 2 mins

Cook Time: 0 mins

Step 12

Plating

Top with a crispy chicken breast and cover with another slice of bread.

Prep Time: 2 mins

Cook Time: 0 mins

Step 13

Plating

Repeat with the remaining ingredients to make more sandwiches.

Prep Time: 0 mins

Cook Time: 0 mins

Step 14

Serving

Serve the chicken breast sandwiches immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 10 g

Protein: 30 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
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	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	120 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	25 mg	1923.08%	1923.08%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	450 mg	19.57%	19.57%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	20 mg	0.59%	0.77%
Zinc	15 mg	136.36%	187.5%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

Cuisines

Italian

American

Diet

Anti-Inflammatory Diet

Course

Drinks

Salads

Snacks

Cultural

Chinese New Year

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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