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## California Cheese Steak Chicken ••

California Cheese Steak Chicken is a delicious and flavorful recipe that combines the flavors of a classic cheese steak sandwich with grilled chicken. The chicken is marinated in a tangy and savory sauce, then grilled to perfection. It is topped with melted cheese, sautéed onions and peppers, and served on a wheat giant roll. This recipe is perfect for a quick and easy weeknight dinner or a weekend barbecue.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	Chicken Breasts
<b>4 pieces</b>	wheat giant roll
<b>4 slices</b>	cheese slices
<b>100 g</b>	onion

<b>100 g</b>	bell pepper
<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	salt
<b>1 tsp</b>	black pepper
<b>1 tsp</b>	paprika
<b>1 tsp</b>	garlic powder
<b>2 tbsp</b>	worcestershire sauce

## Directions

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### Step 1

In a small bowl, mix together salt, black pepper, paprika, and garlic powder.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Rub the chicken breasts with the spice mixture and let them marinate for at least 30 minutes.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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### Step 3

Preheating

Preheat the grill to medium-high heat.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Grilling

Grill the chicken breasts for 6-8 minutes per side, or until cooked through.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 5

Stove

While the chicken is grilling, heat olive oil in a skillet over medium heat.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Sautéing

Add the onion and bell pepper to the skillet and sauté until softened.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 7

Resting

Remove the chicken from the grill and let it rest for a few minutes.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 8

Cutting

Slice the chicken into thin strips.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 9

Grilling

Toast the wheat giant rolls on the grill or in a toaster.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 10

Place a slice of cheese on the bottom half of each roll.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 11

Top the cheese with the sliced chicken, sautéed onions, and bell peppers.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 12

Serving

Cover with the top half of the roll and serve.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 300 kcal

**Fat:** 12 g

**Protein:** 30 g

**Carbohydrates:** 20 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	20 g	36.36%	40%
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	5 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	12 g	42.86%	48%
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	15 mcg	625%	625%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Fall

## Kitchen Tools

Slow Cooker

Blender

## Cuisines

Italian

Middle Eastern

## Diet

Anti-Inflammatory Diet

## Events

Picnic

## Nutritional Content

Low Calorie

## Course

Desserts

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

Ramadan

Christmas

## Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

## Demographics

Kids Friendly

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Medium

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