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Chicken Salad Sandwich Plain ♦♦

This chicken salad sandwich is a classic and simple recipe. It is made with tender chicken, mayonnaise, and a few other ingredients. It is perfect for a quick and easy lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g	chicken breast
50 g	mayonnaise
50 g	celery
25 g	red onion
2 tsp	Lemon juice

0.5 tsp	Salt
0.5 tsp	Pepper
100 g	lettuce
200 g	bread

Directions

Step 1

Boiling

Cook the chicken breast and let it cool.

Prep Time: 10 mins

Cook Time: 20 mins

Step 2

Cutting

Shred the cooked chicken breast.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a bowl, combine the shredded chicken, mayonnaise, celery, red onion, lemon juice, salt, and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Cutting

Spread the chicken salad mixture on one slice of bread and top with lettuce. Cover with another slice of bread.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 20 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	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	2 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)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
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	300 mg	8.82%	11.54%
Zinc	8 mg	72.73%	100%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

American

Middle Eastern

Diet

Anti-Inflammatory Diet

Course

Salads

Snacks

Breads

Desserts

Sauces & Dressings

Main Dishes

Side Dishes

Soups

Cultural

Chinese New Year

Meal Type

Lunch

Snack

Breakfast

Difficulty Level

Easy

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