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Chicken Bacon Ranch Wheat Bread w/ Cheddar ♦•

This recipe combines juicy chicken, crispy bacon, creamy ranch dressing, and melted cheddar cheese on a hearty wheat bread. It's a delicious and satisfying sandwich that can be enjoyed for lunch or dinner.

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

400 g	chicken breast
200 g	bacon
100 g	ranch dressing
8 slices	wheat bread

200 g Cheddar Cheese

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Cook the chicken breast in a skillet over medium heat until cooked through, about 6-8 minutes per side. Set aside to cool.

Prep Time: 10 mins

Cook Time: 15 mins

Step 3

Stove

Cook the bacon in a separate skillet until crispy. Set aside to cool.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Cutting

Slice the cooked chicken breast and bacon into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Spreading

Spread ranch dressing on one side of each slice of wheat bread.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Layering

Layer the chicken, bacon, and cheddar cheese on top of the ranch dressing on four slices of bread. Top with the remaining slices of bread.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Oven

Place the sandwiches on a baking sheet and bake in the preheated oven for 5-7 minutes, or until the cheese is melted and the bread is toasted.

Prep Time: 0 mins

Cook Time: 7 mins

Step 8

Cooling

Remove from the oven and let cool for a few minutes. Serve warm.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
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	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
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

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Breads

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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