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Grilled Chicken Sandwich - Houston Only

A delicious grilled chicken sandwich that is only available in Houston. This sandwich is made with grilled chicken breast, fresh vegetables, and a special sauce. It's a perfect meal for lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

200 g	grilled chicken breast
2 pieces	burger buns
50 g	lettuce
50 g	Tomato

30 g	onion
30 g	mayonnaise
10 g	mustard

Directions

Step 1

Grilling

Grill the chicken breast until fully cooked.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Cutting

Slice the burger buns in half.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Spreading

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

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Plating

Place lettuce, tomato, and onion on top of the sauce.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Plating

Place the grilled chicken breast on top of the vegetables.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Plating

Cover with the top half of the bun.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 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	5 g	13.16%	20%
Sugars	5 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	50 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	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
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	8 mg	0.8%	0.8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	8 mg	72.73%	100%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Picnic

Kitchen Tools

Grill

Course

Drinks

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Oktoberfest

Easter

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Heart Healthy

Diet

Mediterranean Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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