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Mini Chicken Sandwiches ♦♦

These mini chicken sandwiches are a delicious and convenient option for a quick meal or snack. They are made with tender chicken breast, flavorful seasonings, and served on small buns. Perfect for parties or on-the-go!

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

500 g	chicken breast
10 pieces	buns
5 tbsp	mayonnaise
10 leaves	lettuce

10 slices	Tomato
1 tsp	salt
1 tsp	pepper
1 tsp	paprika
1 tsp	garlic powder

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Seasoning

Season the chicken breast with salt, pepper, paprika, and garlic powder.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Baking

Place the seasoned chicken breast on a baking sheet and bake for 20 minutes or until cooked through.

Prep Time: 0 mins

Cook Time: 20 mins

Step 4

Cutting

Remove the chicken from the oven and let it cool for a few minutes. Slice the chicken into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Cutting

Slice the buns in half and spread mayonnaise on both sides.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Assembling

Place a lettuce leaf and a tomato slice on the bottom half of each bun. Top with the sliced chicken.

Prep Time: 3 mins

Cook Time: 0 mins

Step 7

Serving

Cover with the top half of the bun and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 8 g

Protein: 12 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

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	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	30 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	20 mg	22.22%	26.67%
Vitamin B6	8 mg	615.38%	615.38%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	250 mg	7.35%	9.62%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Events

Picnic

Kitchen Tools

Slow Cooker

Blender

Course

Drinks

Breads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

Meal Type

Lunch

Snack

Difficulty Level

Easy

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