



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Chicken Portabella Hoagie · ·

A delicious hoagie sandwich made with grilled chicken and portabella mushrooms.
Perfect 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	Portabella Mushrooms
2 tbsp	olive oil
1 tsp	garlic powder
1 tsp	italian seasoning
1 tsp	salt

1 tsp	pepper
4 pieces	hoagie rolls
100 g	lettuce
200 g	Tomato
4 tbsp	mayonnaise
2 tbsp	mustard

Directions

Step 1

Preheating

Preheat the grill to medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Grilling

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

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Grilling

Grill the chicken breast for 5-7 minutes per side, or until cooked through.

Prep Time: 0 mins

Cook Time: 15 mins

Step 4

Grilling

Slice the portabella mushrooms and grill for 3-4 minutes per side.

Prep Time: 0 mins

Cook Time: 8 mins

Step 5

Grilling

Toast the hoagie rolls on the grill for 1-2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Assemble the hoagies by spreading mayonnaise and mustard on the rolls, then adding the grilled chicken, portabella mushrooms, lettuce, and tomato.

Prep Time: 3 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Thanksgiving Picnic

Cuisines

Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium

Kitchen Tools

Blender Microwave Slow Cooker

Course

Appetizers

Main Dishes

Side Dishes

Sauces & Dressings

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

Visit our website: healthdor.com