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Charleston Chicken Sandwich ♦

The Charleston Chicken Sandwich is a classic Southern dish that originated in Charleston, South Carolina. It is a delicious and flavorful sandwich made with crispy fried chicken, tangy coleslaw, and a spicy mayo sauce. The chicken is seasoned with a special blend of spices and then fried to perfection. The coleslaw adds a refreshing crunch and the spicy mayo sauce adds a kick of heat. This sandwich is perfect for lunch or dinner and is sure to satisfy your craving for Southern comfort food.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 20 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	chicken breast
100 g	all-purpose flour
2 pieces	Eggs

100 g	breadcrumbs
250 ml	vegetable oil
200 g	cabbage
100 g	Carrots
100 g	mayonnaise
2 tsp	hot sauce
4 pieces	Hamburger Buns

Directions

Step 1

Preheating

Preheat the oven to 200°C.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a shallow dish, whisk together the flour, salt, and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In another shallow dish, beat the eggs.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Placing

Place the breadcrumbs in a third shallow dish.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Dipping

Dip each chicken breast into the flour mixture, then into the beaten eggs, and finally into the breadcrumbs, pressing firmly to adhere.

Prep Time: 10 mins

Cook Time: 0 mins

Step 6

Heating

In a large skillet, heat the vegetable oil over medium heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Frying

Add the breaded chicken breasts to the skillet and cook until golden brown and cooked through, about 5 minutes per side.

Prep Time: 0 mins

Cook Time: 10 mins

Step 8

Removing

Remove the chicken breasts from the skillet and place them on a baking sheet.

Prep Time: 2 mins

Cook Time: 0 mins

Step 9

Baking

Transfer the baking sheet to the preheated oven and bake for an additional 5 minutes to ensure the chicken is fully cooked.

Prep Time: 0 mins

Cook Time: 5 mins

Step 10

Mixing

Meanwhile, shred the cabbage and carrots and mix them together in a bowl.

Prep Time: 5 mins

Cook Time: 0 mins

Step 11

Mixing

In a separate bowl, combine the mayonnaise and hot sauce.

Prep Time: 2 mins

Cook Time: 0 mins

Step 12

Spreading

Spread the spicy mayo sauce on the bottom half of each hamburger bun.

Prep Time: 2 mins

Cook Time: 0 mins

Step 13

Placing

Place a breaded chicken breast on top of the spicy mayo sauce.

Prep Time: 2 mins

Cook Time: 0 mins

Step 14

Topping

Top the chicken breast with a generous amount of the cabbage and carrot slaw.

Prep Time: 2 mins

Cook Time: 0 mins

Step 15

Covering

Cover the sandwich with the top half of the hamburger bun.

Prep Time: 2 mins

Cook Time: 0 mins

Step 16

Repeating

Repeat the process for the remaining chicken breasts and buns.

Prep Time: 5 mins

Cook Time: 0 mins

Step 17

Serving

Serve the Charleston Chicken Sandwiches immediately.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 15 g

Protein: 30 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	30 g	176.47%	176.47%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
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	7 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	100 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	20 mg	0.59%	0.77%
Zinc	20 mg	181.82%	250%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Events

Picnic

Cuisines

American

Middle Eastern

Course

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

\$10 to \$20

\$20 to \$30

Meal Type

Lunch

Dinner

Difficulty Level

Easy

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