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Grilled Chicken Breast Sandwich ♦

A delicious sandwich made with grilled chicken breast, perfect for a quick and satisfying meal.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

200 g	chicken breast
4 slices	bread
50 g	lettuce
100 g	Tomato
30 g	mayonnaise
10 g	mustard

5 g	Salt
3 g	Pepper

Directions

Step 1

Preheating

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Seasoning

Season the chicken breast with salt and pepper.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Grilling

Grill the chicken breast for 6-8 minutes on each side, or until cooked through.

Prep Time: 0 mins

Cook Time: 15 mins

Step 4

Toasting

Toast the bread slices.

Prep Time: 1 mins

Cook Time: 2 mins

Step 5

Spreading

Spread mayonnaise and mustard on one side of each bread slice.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Assembling

Place lettuce, tomato slices, and grilled chicken breast on one slice of bread.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Assembling

Top with the remaining bread slice.

Prep Time: 1 mins

Cook Time: 0 mins

Step 8

Cutting

Cut the sandwich in half and serve.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 8 g

Protein: 16 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	16 g	94.12%	94.12%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	3 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	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	6 iu	0.67%	0.86%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

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	8 mg	0.24%	0.31%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Picnic

Course

Drinks

Salads

Soups

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

\$10 to \$20

Meal Type

Lunch

Dinner

Difficulty Level

Easy

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