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Philly Chicken ♦♦

Philly Chicken is a delicious and flavorful chicken dish that originated in Philadelphia. It is made with thinly sliced chicken breast, sautéed onions and peppers, and melted cheese, all served on a toasted roll. This recipe is perfect for lunch or dinner, and it's sure to be a crowd-pleaser!

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

500 g	chicken breast
100 g	onion
100 g	bell pepper
200 g	cheese
200 g	roll

5 g	Salt
2 g	Pepper
15 ml	olive oil

Directions

Step 1

Cutting

Slice the chicken breast into thin strips.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Sautéing

Heat olive oil in a pan over medium heat. Add the sliced onions and peppers and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Cooking

Push the onions and peppers to one side of the pan and add the chicken strips. Cook until the chicken is cooked through.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Cooking

Place the cheese on top of the chicken and vegetables. Cover the pan and cook until the cheese is melted.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Toasting

Toast the rolls in a toaster or oven.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Assemble the sandwiches by placing the chicken, onions, and peppers on the toasted rolls.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	20 g	117.65%	117.65%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
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	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
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	50 mg	55.56%	66.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	15 mg	0.44%	0.58%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Italian

Course

Appetizers

Main Dishes

Side Dishes

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Oktoberfest

Cost

\$40 to \$50

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Diet

Mediterranean Diet

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

Atkins Diet

Vegetarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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