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Chicken Sandwich ♦♦

A classic chicken sandwich recipe that is perfect for a quick and delicious meal. The sandwich consists of tender grilled chicken, fresh vegetables, and a flavorful sauce, all sandwiched between two slices of bread.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

200 g	chicken breast
4 slices	bread
4 leaves	lettuce
2 slices	Tomato
2 tbsp	mayonnaise

1 tsp	mustard
0.5 tsp	Salt
0.5 tsp	Pepper

Directions

Step 1

Grilling

Season the chicken breast with salt and pepper.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Grilling

Grill the chicken breast until cooked through.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Toasting

Toast the bread slices.

Prep Time: 0 mins

Cook Time: 5 mins

Step 4

Spread mayonnaise and mustard on the bread slices.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

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

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Cover with another slice of bread.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Repeat for the second sandwich.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 10 g

Protein: 30 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

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

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	4 g	10.53%	16%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	4 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	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	20 mg	1538.46%	1538.46%
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	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	30 mcg	54.55%	54.55%

Recipe Attributes

Cuisines

Italian

Kitchen Tools

Grill

Course

Main Dishes

Drinks

Salads

Cultural

Chinese New Year

Thanksgiving

Easter

Halloween

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

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

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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