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## Tandoori Chicken Sandwich Light with Dressings ·•

The Tandoori Chicken Sandwich Light is a flavorful and healthy option for a quick and satisfying meal. It features grilled tandoori chicken breast served on a whole wheat bun with a variety of fresh and crunchy vegetables. The sandwich is topped with light dressings, such as yogurt-cucumber sauce and a tangy mint chutney. It is perfect for lunch or dinner and can be enjoyed by both meat lovers and health-conscious individuals.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 15 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

400 g chicken breast

4 whole wheat buns  
pieces

100 g	Greek yogurt
100 g	cucumber
20 g	mint leaves
2 tsp	Lemon juice
2 cloves	garlic
2 tsp	Ginger
1 tsp	red chili powder
1 tsp	turmeric powder
1 tsp	cumin powder
1 tsp	coriander powder
1 tsp	Salt
1 tsp	Black pepper
50 g	lettuce leaves
100 g	Tomato
50 g	onion
20 g	Cilantro

## Directions

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### Step 1

#### Mixing

In a bowl, mix Greek yogurt, grated cucumber, minced garlic, lemon juice, and salt to make the yogurt-cucumber sauce.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Blending

In a blender, blend mint leaves, ginger, red chili powder, turmeric powder, cumin powder, coriander powder, salt, and lemon juice to make the mint chutney.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

Marinating

Marinate the chicken breast with the mint chutney and let it sit for 10 minutes.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 4

Grilling

Grill the marinated chicken breast until cooked through, about 6-8 minutes per side.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 5

### Cutting

Slice the grilled chicken breast into thin strips.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

### Toasting

Toast the whole wheat buns.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 7

### Spreading

Spread the yogurt-cucumber sauce on the bottom half of each bun.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 8

### Layering

Layer lettuce leaves, sliced tomato, sliced onion, and grilled chicken on top of the sauce.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 9

Garnishing

Garnish with cilantro leaves and cover with the top half of the bun.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 10

Serving

Serve the Tandoori Chicken Sandwich Light with Dressings immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 5 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%
Fibers	5 g	13.16%	20%
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	2 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
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	15 mg	16.67%	20%
Vitamin B6	20 mg	1538.46%	1538.46%
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	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Events

Christmas Easter

### Cuisines

Italian Chinese Indian Mexican French Thai Japanese  
Mediterranean Greek Spanish German Korean Vietnamese American  
Middle Eastern

### Nutritional Content

Low Calorie High Protein Low Fat

### Meal Type

Lunch Snack Supper

### Difficulty Level

Medium

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