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Grilled Chicken Parmesan Melt ♦

The Grilled Chicken Parmesan Melt is a delicious and satisfying sandwich that combines grilled chicken, melted cheese, and tangy marinara sauce. It is a classic Italian dish that is perfect for lunch or dinner. The chicken is marinated in a flavorful blend of herbs and spices, then grilled to perfection. The melted cheese adds a creamy and gooey texture, while the marinara sauce adds a burst of flavor. The sandwich is then toasted until the cheese is melted and bubbly. It is a crowd-pleasing recipe that is sure to become a favorite.

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
200 g	mozzarella cheese
50 g	parmesan cheese

1 c	marinara sauce
8 slices	bread
4 tbsp	butter
1 tsp	Garlic powder
1 tsp	Dried Basil
1 tsp	Dried Oregano
1 tsp	Salt
1 tsp	Black pepper

Directions

Step 1

Grilling

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

In a small bowl, combine the garlic powder, dried basil, dried oregano, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Season the chicken breasts with the spice mixture.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Grilling

Grill the chicken breasts for 6-8 minutes per side, or until cooked through.

Prep Time: 0 mins

Cook Time: 15 mins

Step 5

Resting

Remove the chicken from the grill and let it rest for 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Preheating

Preheat a skillet or griddle over medium heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Spreading

Spread butter on one side of each slice of bread.

Prep Time: 2 mins

Cook Time: 0 mins

Step 8

Cooking

Place the bread slices, buttered side down, on the skillet or griddle.

Prep Time: 0 mins

Cook Time: 5 mins

Step 9

Top each slice of bread with a grilled chicken breast, marinara sauce, mozzarella cheese, and Parmesan cheese.

Prep Time: 0 mins

Cook Time: 5 mins

Step 10

Cooking

Cover the skillet or griddle with a lid and cook for 3-5 minutes, or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 5 mins

Step 11

Resting

Remove the sandwiches from the skillet or griddle and let them cool for a few minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 12

Cutting

Cut the sandwiches in half and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 30 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	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	10 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
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	30 mcg	1250%	1250%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	10 mcg	66.67%	66.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	30 mg	3%	3%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Italian Chinese German Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron High Calcium

Kitchen Tools

Blender Mixer Oven Stove Microwave Grill

Meal Type

Lunch Dinner

Difficulty Level

Easy

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