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6" Chicken Teriyaki Wheat Sub

A delicious and flavorful chicken teriyaki sub made with tender chicken, tangy teriyaki sauce, and fresh vegetables. Perfect for a quick and satisfying meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

80 g	6" wheat sub roll
200 g	chicken breast
30 g	teriyaki sauce
20 g	lettuce
30 g	Tomato
30 g	cucumber

20 g	onion
2 g	salt
2 g	pepper

Directions

Step 1

Oven

Preheat the oven to 350°F.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Season the chicken breast with salt and pepper.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Grilling

Grill the chicken breast until cooked through.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Cutting

Slice the chicken breast into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Oven

Toast the sub roll in the oven for 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Spread teriyaki sauce on the toasted sub roll.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Layer the lettuce, tomato, cucumber, onion, and chicken strips on the sub roll.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Cut

Cut the sub in half and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 5 g

Protein: 30 g

Carbohydrates: 50 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	50 g	90.91%	100%
Fibers	5 g	13.16%	20%
Sugars	10 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
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Italian

Kitchen Tools

Grill

Course

Drinks

Breads

Sauces & Dressings

Cultural

Chinese New Year

Hanukkah

Ramadan

Christmas

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Weight Watchers (WW) Diet

Atkins Diet

Vegetarian Diet

Healthy For

Gastroesophageal reflux disease (GERD)

Pancreatitis

Hepatitis

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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