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## Savory Chicken Sandwich ♦♦

The savory chicken sandwich is a classic sandwich made with grilled chicken and a variety of flavorful ingredients. It is a popular choice for lunch or dinner and can be customized to suit individual tastes.

**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

<b>400 g</b>	chicken breast
<b>8 slices</b>	bread
<b>100 g</b>	lettuce
<b>200 g</b>	Tomato
<b>50 g</b>	mayonnaise

30 g	mustard
5 g	Salt
5 g	Pepper

## Directions

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### Step 1

Grilling

Preheat the grill and season the chicken breast with salt and pepper.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Grilling

Grill the chicken breast until cooked through, about 5-7 minutes per side.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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### Step 3

Toasting

Toast the bread slices and spread mayonnaise and mustard on each slice.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Cutting

Slice the grilled chicken breast and layer it on the bread slices.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 5

Cutting

Add lettuce and tomato slices on top of the chicken.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 6

Cutting

Season with salt and pepper, and cover with another slice of bread.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 7

Serving

Serve the savory chicken sandwich and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 10 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	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	5 iu	0.56%	0.71%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	20 mg	0.59%	0.77%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Cuisines

Italian

American

### Diet

Anti-Inflammatory Diet

## Meal Type

Breakfast

Lunch

Snack

Dinner

## Events

Picnic

## Course

Appetizers

Main Dishes

Side Dishes

Salads

Snacks

## Cultural

Chinese New Year

## Cost

\$20 to \$30

## Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

## Difficulty Level

Medium

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