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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

400 g	chicken breast
8 slices	bread
100 g	lettuce
200 g	Tomato
50 g	mayonnaise

30 g	mustard
5 g	Salt
5 g	Pepper

Directions

Step 1

Grilling

Preheat the grill and 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, about 5-7 minutes per side.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Toasting

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

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Cutting

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

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Cutting

Add lettuce and tomato slices on top of the chicken.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Cutting

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

Prep Time: 1 mins

Cook Time: 0 mins

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

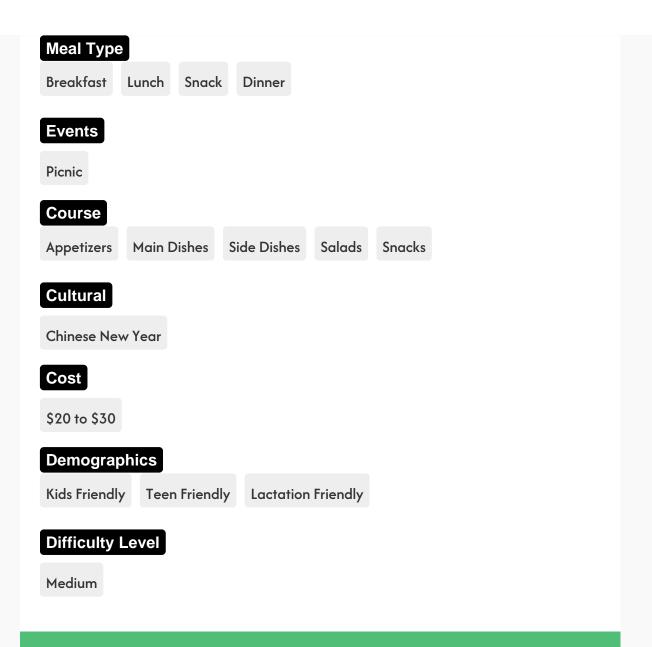
Cuisines

Italian

American

Diet

Anti-Inflammatory Diet



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