



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Chicken Cheesesteak ♦

Chicken Cheesesteak is a popular sandwich made with thinly sliced grilled chicken, melted cheese, and sautéed onions and peppers. It originated in Philadelphia and is typically served on a hoagie roll. This recipe is a twist on the classic cheesesteak, using chicken instead of beef for a healthier option.

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
4 pieces	hoagie rolls
200 g	Cheese
100 g	onion

100 g	Green Bell Pepper
100 g	Red Bell Pepper
15 ml	Olive oil
5 g	Salt
2 g	Black pepper

Directions

Step 1

Cutting

Slice the chicken breast into thin strips.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

Heat olive oil in a pan over medium heat. Add the sliced chicken and cook until browned and cooked through, about 5-7 minutes.

Prep Time: 0 mins

Cook Time: 7 mins

Step 3

Cutting

Slice the onion, green bell pepper, and red bell pepper into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Stove

In the same pan, add the sliced onion and peppers. Cook until softened, about 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Cutting

Slice the hoagie rolls in half lengthwise.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Oven

Place the hoagie rolls on a baking sheet and toast in the oven at 350°F (175°C) for 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Divide the cooked chicken, sautéed onions and peppers, and cheese among the toasted hoagie rolls.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Oven

Return the assembled sandwiches to the oven and cook for an additional 5 minutes, or until the cheese is melted.

Prep Time: 0 mins

Cook Time: 5 mins

Step 9

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 18 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	4 g	10.53%	16%
Sugars	5 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	8 g	36.36%	47.06%
Fat	18 g	64.29%	72%
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	70 mg	77.78%	93.33%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

American

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Dinner

Events

Picnic

Course

Appetizers

Main Dishes

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Ramadan

Easter

Difficulty Level

Medium

Visit our website: healthdor.com