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BBQ Bacon Pepperjack Chicken Sandwich

A delicious and flavorful chicken sandwich with BBQ sauce, bacon, pepperjack cheese, and a soft bun. Perfect for a quick and satisfying meal.

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

5 oz	bbq bacon pepperjack chicken
2 oz	bbq sauce
4 slices	cheese
4 pieces	bun
2 oz	chips

2 oz	ketchup
1 oz	mustard
1 oz	mayo

Directions

Step 1

Grilling

Preheat the grill or stovetop grill pan.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Grilling

Grill the BBQ Bacon Pepperjack Chicken until cooked through, about 5-7 minutes per side.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Grilling

Toast the buns on the grill or in a toaster.

Prep Time: 0 mins

Cook Time: 2 mins

Step 4

Spread BBQ sauce on the bottom bun.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Place the grilled chicken on top of the BBQ sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Add a slice of cheese on top of the chicken.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Spread mayo on the top bun and place it on top of the cheese.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Serve the BBQ Bacon Pepperjack Chicken Sandwich with chips, ketchup, and mustard on the side.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 18 g

Protein: 30 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	Intake	% Daily Intake (Females)
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	2 g	5.26%	8%
Sugars	8 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	2 mg	2.22%	2.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	900 mg	39.13%	39.13%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Events

Barbecue

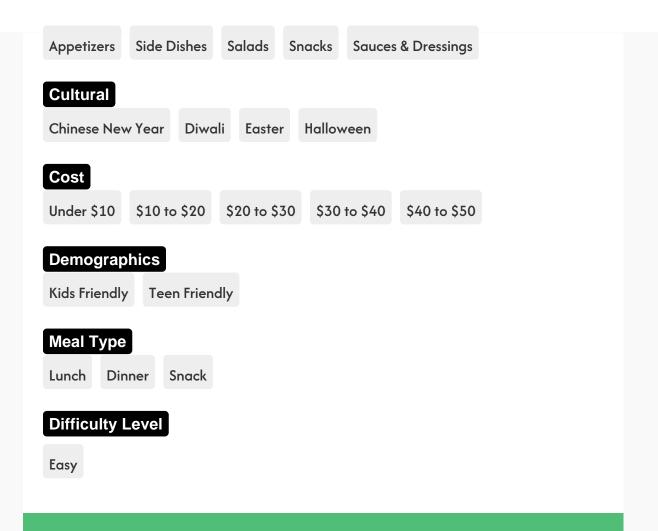
Game Day

Kitchen Tools

Microwave

Slow Cooker

Course



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