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# **Charbroiled Chicken Club Sandwich**

The Charbroiled Chicken Club Sandwich is a classic sandwich made with charbroiled chicken, crispy bacon, lettuce, tomato, and mayo. It is a delicious and satisfying sandwich that is perfect for lunch or dinner.

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
100 g	bacon
50 g	lettuce
100 g	Tomato

50 g	mayonnaise
400 g	bread

# **Directions**

## Step 1

Grilling

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 10 mins

## Step 2

Grilling

Season the chicken breast with salt and pepper.

Prep Time: 2 mins

Cook Time: 8 mins

#### Step 3

Grilling

Grill the chicken breast for 4-5 minutes per side, or until cooked through.

Prep Time: 0 mins

Cook Time: 10 mins

## Step 4

Frying

Cook the bacon in a skillet until crispy.

Prep Time: 0 mins

Cook Time: 5 mins

## Step 5

Toasting

Toast the bread slices.

Prep Time: 0 mins

Cook Time: 2 mins

## Step 6

Spread mayonnaise on one side of each bread slice.

Prep Time: 0 mins

Cook Time: 0 mins

# Step 7

Layer the lettuce, tomato, bacon, and grilled chicken breast on one slice of bread.

Prep Time: 0 mins

Cook Time: 0 mins

## Step 8

Top with the other slice of bread.

Prep Time: 0 mins

Cook Time: 0 mins

## Step 9

## Cutting

Cut the sandwich in half and serve.

Prep Time: 0 mins

Cook Time: 0 mins

# **Nutrition Facts**

Calories: 550 kcal

**Fat:** 15 g

Protein: 50 g

Carbohydrates: 45 g

# **Nutrition Facts**

## **Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	50 g	294.12%	294.12%

# Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%
Fibers	3 g	7.89%	12%
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	6 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%
Cholesterol	120 mg	N/A	N/A

# **Vitamins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	25 mg	1923.08%	1923.08%
Vitamin B12	35 mcg	1458.33%	1458.33%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

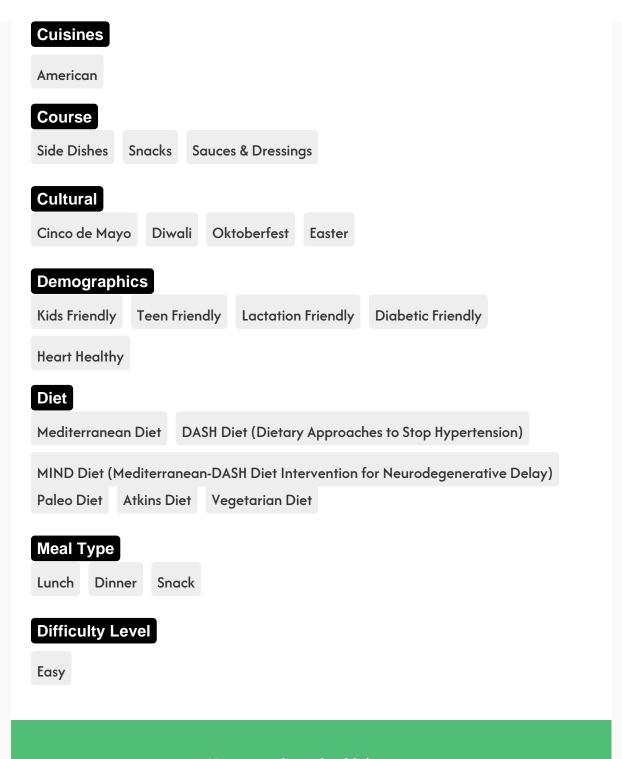
## **Minerals**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	900 mg	39.13%	39.13%
Calcium	10 mg	1%	1%
Iron	20 mg	250%	111.11%
Potassium	600 mg	17.65%	23.08%
Zinc	25 mg	227.27%	312.5%
Selenium	40 mcg	72.73%	72.73%

# **Recipe Attributes**

Events

Picnic



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