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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

Cuisines

American

Course

Side Dishes

Snacks

Sauces & Dressings

Cultural

Cinco de Mayo

Diwali

Oktoberfest

Easter

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Paleo Diet

Atkins Diet

Vegetarian Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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