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## Grilled Sandwich ·

A delicious grilled sandwich made with a deli trio of meats, perfect for a quick and satisfying meal.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 10 mins

**Total Time:** 20 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

4 slices bread

4 slices Turkey

4 slices Ham

4 slices Salami

4 slices cheese

2 tbsp mayonnaise

2 tbsp mustard

2 tbsp butter

## Directions

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### Step 1

Spread butter on one side of each bread slice.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 2

Grilling

Place the buttered side of two bread slices facing down on a griddle or pan.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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### Step 3

Spread mayonnaise and mustard on the other side of the bread slices.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Layer the turkey, ham, salami, and cheese on top of one bread slice.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 5

Place the other bread slice on top, with the buttered side facing up.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 6

**Grilling**

Grill the sandwich on medium heat for 3-4 minutes on each side, until the bread is golden brown and the cheese is melted.

**Prep Time:** 0 mins

**Cook Time:** 8 mins

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## Step 7

Remove from heat and let the sandwich rest for a minute before cutting it in half.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 15 g

**Protein:** 20 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	15 g	53.57%	60%
Cholesterol	60 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	2 mg	13.33%	13.33%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

Grill

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

### Meal Type

Breakfast

Lunch

Snack

Supper

### Course

Appetizers

Main Dishes

Side Dishes

Snacks

## Cultural

Chinese New Year

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

## Difficulty Level

Medium

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