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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 butter

Directions

Step 1

Spread butter on one side of each bread slice.

Prep Time: 2 mins

Cook Time: 0 mins

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

Step 3

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

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

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

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

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

Prep Time: 1 mins

Cook Time: 0 mins

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

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

Nutrition Facts

Calories: 350 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily % Intake Intake (Males) (Fe	
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

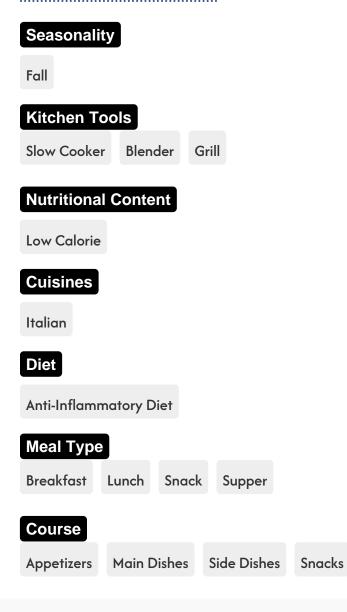
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

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



Cultural					
Chinese New Year	Diwali	Hanukkah	Oktoberfest	Passover	Ramadan
Difficulty Level					
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