



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Smoked Turkey Breast Sandwich

A delicious sandwich made with smoked turkey breast, perfect for a quick and satisfying meal.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 1

Serving Size: 200 g

Ingredients

100 g	smoked turkey breast
100 g	bread
20 g	mayonnaise
20 g	lettuce
30 g	Tomato
2 g	Salt

2 g

Pepper

Directions

Step 1

Cut

Slice the bread in half.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Spreading

Spread mayonnaise on one side of the bread slices.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Layering

Layer smoked turkey breast, lettuce, and tomato slices on one side of the bread.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Sprinkling

Season with salt and pepper.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Covering

Cover with the other half of the bread.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Cutting

Slice the sandwich in half and serve.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 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	4 g	10.53%	16%
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	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	40 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	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	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	8 mg	100%	44.44%
Potassium	300 mg	8.82%	11.54%
Zinc	10 mg	90.91%	125%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Spring Fall

Events

Game Day

Cuisines

American

Course

Salads Snacks

Cultural

Chinese New Year

Demographics

Kids Friendly Teen Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet

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

Vegetarian Diet

Meal Type

Lunch Snack Supper

Difficulty Level

Easy

Visit our website: healthdor.com