



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Jumbo Mini Sandwich ♦♦

A delicious jumbo mini sandwich that is perfect for a quick and satisfying meal. The sandwich is made with fresh ingredients and can be customized to suit your taste.

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

2 slices bread

4 slices Turkey

2 slices cheese

2 lettuce
leaves

2 slices Tomato

1 tbsp mayonnaise

1 tbsp mustard

Directions

Step 1

Spread mayonnaise on one slice of bread.

Prep Time: 1 mins

Cook Time: 0 mins

Step 2

Spread mustard on the other slice of bread.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Layer turkey, cheese, lettuce, and tomato on one slice of bread.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Place the other slice of bread on top to create a sandwich.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Cutting

Cut the sandwich into mini jumbo-sized pieces.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Serving

Serve and enjoy!

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	4 g	10.53%	16%
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	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	50 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	10 mg	769.23%	769.23%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

Course

Appetizers

Main Dishes

Side Dishes

Salads

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

Meal Type

Brunch

Snack

Supper

Difficulty Level

Easy

Visit our website: healthdor.com