



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Low-Fat Turkey Breast & Black Forest Ham Sub on Wheat Bread

This low-fat sub sandwich is made with lean turkey breast and black forest ham, served on whole wheat bread. It's a delicious and healthy option for lunch or dinner.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

200 g	Turkey Breast
200 g	Black Forest Ham
8 slices	wheat bread

Directions

Step 1

Cut

Slice the turkey breast and black forest ham into thin slices.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Toasting

Toast the wheat bread slices.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Assemble the sub by layering the turkey breast and black forest ham slices on the toasted bread.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 1 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	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
Cholesterol	30 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	6 mg	461.54%	461.54%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	0 mg	0%	0%
Zinc	10 mg	90.91%	125%

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

Recipe Attributes

Nutritional Content

Low Fat

Kitchen Tools

Blender

Course

Salads

Snacks

Cultural

Chinese New Year

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

Visit our website: healthdor.com