



Healthdor

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Pastrami and Cheese Roll ♦

A delicious roll made with pastrami and cheese. It is a popular snack or appetizer that can be enjoyed by everyone.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

| | |
|----------|----------|
| 150 g | Pastrami |
| 100 g | Cheese |
| 4 pieces | rolls |

Directions

Step 1

Preheating

Preheat the oven to 350°F.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the rolls in half lengthwise.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Layering

Layer the pastrami and cheese on the bottom half of each roll.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Baking

Place the top half of the rolls on top of the pastrami and cheese.

Prep Time: 2 mins

Cook Time: 10 mins

Step 5

Baking

Bake in the preheated oven for 10 minutes or until the cheese is melted and the rolls are golden brown.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Cooling

Remove from the oven and let cool for a few minutes.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve warm and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 15 g | 88.24% | 88.24% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 20 g | 36.36% | 40% |
| Fibers | 2 g | 5.26% | 8% |
| Sugars | 1 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 | 10 g | 45.45% | 58.82% |
| Fat | 20 g | 71.43% | 80% |
| 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 | 0 mg | 0% | 0% |
| Vitamin B6 | 4 mg | 307.69% | 307.69% |
| Vitamin B12 | 15 mcg | 625% | 625% |
| Vitamin E | 2 mg | 13.33% | 13.33% |
| 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% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Iron | 8 mg | 100% | 44.44% |
| Potassium | 200 mg | 5.88% | 7.69% |
| Zinc | 6 mg | 54.55% | 75% |
| Selenium | 8 mcg | 14.55% | 14.55% |

Recipe Attributes

Events

Christmas Easter Barbecue

Course

Appetizers Main Dishes Salads Snacks

Cultural

Chinese New Year Diwali Hanukkah Halloween

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50

Demographics

Kids Friendly Senior Friendly Teen Friendly Lactation Friendly

Meal Type

Snack Lunch Supper

Difficulty Level

Medium

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