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Half Sandwiches Tasty Turkey on Bagel ••

This recipe is a delicious and satisfying half sandwich made with tasty turkey on a bagel. It's perfect for a quick and easy lunch or snack. The turkey is seasoned with savory spices and paired with fresh vegetables and creamy condiments. The bagel adds a chewy and flavorful base to the sandwich. Enjoy this tasty and fulfilling recipe!

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

100 g	tasty turkey
100 g	bagel
20 g	lettuce
20 g	Tomato

10 g	mayonnaise
10 g	mustard

Directions

Step 1

Cut

Slice the bagel in half.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Spreading

Spread mayonnaise and mustard on the cut sides of the bagel.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Layering

Layer lettuce, tomato, and tasty turkey on one half of the bagel.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Plating

Place the other half of the bagel on top to form a sandwich.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 5 g

Protein: 15 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	2 g	5.26%	8%
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	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	6 mg	461.54%	461.54%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Events

Christmas

Barbecue

Game Day

Cuisines

American

Course

Appetizers

Salads

Snacks

Cultural

Chinese New Year

Easter

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Gluten-Free Diet

Low Sodium Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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