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Smoked Turkey Half Sandwich ·•

A delicious half sandwich made with smoked turkey on country white bread. 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

1 slices country white bread

Directions

Step 1

Place the smoked turkey on one slice of country white bread.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cover with another slice of country white bread.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Cutting

Cut the sandwich in half.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 4 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	2 g	5.26%	8%
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	1 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
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	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
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	2 mg	0.06%	0.08%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	10 mg	90.91%	125%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Cuisines

American

Course

Main Dishes

Salads

Snacks

Cultural

Chinese New Year

Cost

\$20 to \$30

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Allergy Friendly

Heart Healthy

Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Volumetrics Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Ayurvedic Diet

Low Sodium Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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