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## Turkey & Cheese Kidwich

The Turkey & Cheese Kidwich is a delicious and nutritious sandwich that kids will love. It's made with turkey, cheese, and a variety of fresh vegetables. This sandwich is perfect for lunch or a quick and easy dinner.

**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	Turkey
50 g	cheese
4 slices	bread
20 g	lettuce
20 g	Tomato

20 g	cucumber
20 g	mayonnaise
10 g	mustard

## Directions

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### Step 1

Spread mayonnaise and mustard on one side of each bread slice.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Cutting

Layer turkey, cheese, lettuce, tomato, and cucumber on two bread slices.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Cover with the remaining bread slices, mayo and mustard side down.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 300 kcal

Fat: 10 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	3 g	7.89%	12%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%
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	6 mg	461.54%	461.54%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	8 mg	0.24%	0.31%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

### Meal Type

Brunch Lunch Dinner Snack Supper

### Difficulty Level

Easy

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