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Subway Steak and Bacon Melt ♦♦

The Subway Steak and Bacon Melt is a delicious sandwich filled with tender steak, crispy bacon, and melted cheese. It is a hearty and satisfying meal that can be enjoyed for lunch or dinner. The steak is cooked to perfection and paired with the smoky flavor of the bacon, creating a mouthwatering combination. This sandwich is perfect for meat lovers who enjoy bold flavors and hearty meals.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

200 g	steak
100 g	bacon
100 g	cheese
100 g	bread

50 g	lettuce
50 g	Tomato
30 g	mayonnaise
5 g	Salt
5 g	Pepper

Directions

Step 1

Preheating

Preheat the oven to 200°C.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Cook the steak in a hot skillet for 3-4 minutes on each side.

Prep Time: 5 mins

Cook Time: 8 mins

Step 3

Stove

Cook the bacon in a separate skillet until crispy.

Prep Time: 2 mins

Cook Time: 5 mins

Step 4

Oven

Slice the bread and toast it in the oven for 3-4 minutes.

Prep Time: 2 mins

Cook Time: 4 mins

Step 5

Assemble the sandwich by spreading mayonnaise on the toasted bread and layering the steak, bacon, cheese, lettuce, and tomato.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Season with salt and pepper to taste.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 550 kcal

Fat: 20 g

Protein: 50 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	50 g	294.12%	294.12%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	3 g	7.89%	12%
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	4 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	100 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	20 mg	1538.46%	1538.46%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	10 mg	66.67%	66.67%
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	25 mg	312.5%	138.89%
Potassium	600 mg	17.65%	23.08%
Zinc	30 mg	272.73%	375%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

American

Diet

Anti-Inflammatory Diet

Meal Type

Lunch

Snack

Dinner

Events

Picnic

Course

Appetizers

Main Dishes

Salads

Sauces & Dressings

Cultural

Cinco de Mayo

Diwali

Passover

Easter

Cost

Under \$10

Demographics

Kids Friendly

Senior Friendly

Difficulty Level

Easy

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