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## Provolone Cheese Sandwich ♦

A delicious sandwich made with provolone cheese, perfect for a quick lunch or snack.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 5 mins

**Total Time:** 15 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

200 g provolone cheese

4 slices Bread

2 tbsp Butter

### Directions

## Step 1

Spread butter on one side of each bread slice.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Place provolone cheese on one bread slice with the buttered side down.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 3

Cover with another bread slice, buttered side up.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Repeat steps 2 and 3 for the remaining bread and cheese slices.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Stove

Heat a skillet over medium heat.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Stove

Place the sandwiches in the skillet and cook for 2-3 minutes on each side, until the bread is golden brown and the cheese is melted.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 7

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

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 8

Cut

Cut the sandwiches in half and serve.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 330 kcal

**Fat:** 14 g

**Protein:** 15 g

**Carbohydrates:** 32 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	32 g	58.18%	64%
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	3 g	N/A	N/A
Saturated Fat	9 g	40.91%	52.94%
Fat	14 g	50%	56%
Cholesterol	35 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	6 iu	0.67%	0.86%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	4 mcg	26.67%	26.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	640 mg	27.83%	27.83%
Calcium	35 mg	3.5%	3.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	100 mg	2.94%	3.85%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Cuisines

Italian

### Course

Appetizers

Main Dishes

Salads

Snacks

### Cultural

Chinese New Year

Thanksgiving

### Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

### Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Paleo Diet

The Whole30 Diet

### Meal Type

Lunch

Snack

Supper

### Difficulty Level

Medium

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