



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Lite Turkey Sandwich ♦

A light and healthy turkey sandwich that is perfect for a quick and nutritious meal. It is made with fresh ingredients and can be customized to suit your taste.

**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

<b>2 slices</b>	whole wheat bread
<b>100 g</b>	Turkey Breast
<b>50 g</b>	lettuce
<b>50 g</b>	Tomato
<b>50 g</b>	cucumber
<b>1 tbsp</b>	mayonnaise

1 tsp    mustard

## Directions

---

### Step 1

Spread mayonnaise and mustard on one slice of bread.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

### Step 2

Cutting

Layer turkey, lettuce, tomato, and cucumber on top of the condiments.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 3

Cover with the other slice of bread.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

---

**Calories:** 300 kcal

**Fat:** 5 g

**Protein:** 25 g

**Carbohydrates:** 40 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	6 g	15.79%	24%
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	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	30 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	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	20 mg	0.59%	0.77%
Zinc	15 mg	136.36%	187.5%
Selenium	25 mcg	45.45%	45.45%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Barbecue Picnic

### Cuisines

American

### Course

Main Dishes Salads Snacks Sauces & Dressings

### Demographics

Teen Friendly Lactation Friendly Diabetic Friendly Heart Healthy

### Diet

Mediterranean Diet Vegetarian Diet Vegan Diet Raw Food Diet

Anti-Inflammatory Diet

### Cooking Method

Frying

### Meal Type

Lunch

Snack

Supper

**Difficulty Level**

Easy

Visit our website: [healthdor.com](http://healthdor.com)