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Corned Beef Sandwich ♦

A classic sandwich made with corned beef, typically served on rye bread with mustard and pickles. It is a popular deli sandwich and is often enjoyed for lunch or a quick meal.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 120 mins

Total Time: 130 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

200 g	corned beef
4 slices	rye bread
2 tsp	Mustard
4 pieces	Pickles

Directions

Step 1

Cutting

Slice the corned beef into thin slices.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Spreading

Spread mustard on one side of each slice of rye bread.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Layer the corned beef slices on one slice of bread.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Place the pickles on top of the corned beef.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Top with another slice of rye bread to complete the sandwich.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 15 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	15 g	88.24%	88.24%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	10 mg	11.11%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Breads

Side Dishes

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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