



Healthdor

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School Lunch Bagel Sandwich

The School Lunch Bagel Sandwich is a classic sandwich that is popular among students. It is a filling and nutritious option that can be easily prepared and packed for school lunches. The sandwich consists of a bagel filled with various ingredients such as deli meat, cheese, and vegetables. It is a versatile recipe that can be customized to suit individual preferences.

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

100 g	bagel
50 g	deli meat
30 g	Cheese
10 g	lettuce

10 g	Tomato
15 g	mayonnaise

Directions

Step 1

Cut

Slice the bagel in half.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Spreading

Spread mayonnaise on both halves of the bagel.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Layering

Layer deli meat, cheese, lettuce, and tomato on one half of the bagel.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Covering

Cover with the other half of the bagel.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 20 g

Protein: 20 g

Carbohydrates: 50 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	20 g	117.65%	117.65%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	3 g	7.89%	12%
Sugars	5 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	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Events

Back to School

Course

Salads

Snacks

Drinks

Main Dishes

Side Dishes

Meal Type

Lunch

Demographics

Teen Friendly

Diet

Pescatarian Diet

Anti-Inflammatory Diet

Cooking Method

Simmering

Steaming

Cooking

Serving

Resting

Cutting

Plating

Mixing

Frying

Healthy For

Gastroesophageal reflux disease (GERD)

Difficulty Level

Easy

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