



Healthdor

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## Meat Bagel

The Meat Bagel is a savory sandwich made with a variety of meats and served on a bagel. It is a popular choice for breakfast or lunch and is often enjoyed with a side of fries or salad. The combination of flavors and textures makes it a satisfying and delicious meal.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

100 g	bagel
50 g	Ham
50 g	Turkey
50 g	Salami
30 g	cheese

20 g	lettuce
30 g	Tomato
15 g	mayonnaise
10 g	mustard

## Directions

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### Step 1

Cut

Slice the bagel in half.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 2

Spreading

Spread mayonnaise and mustard on the bagel halves.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

Layering

Layer ham, turkey, salami, cheese, lettuce, and tomato on one bagel half.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Step 4

Covering

Cover with the other bagel half.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Step 5

Serving

Serve and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 400 kcal

**Fat:** 20 g

**Protein:** 25 g

**Carbohydrates:** 30 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	30 g	54.55%	60%
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	4 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	6 g	27.27%	35.29%
Fat	20 g	71.43%	80%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	3 mcg	20%	20%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Meal Type

Breakfast Lunch Snack Brunch Dinner Supper

### Course

Drinks Salads Snacks

### Cultural

Chinese New Year Diwali Oktoberfest Ramadan Thanksgiving Easter

### Cost

Under \$10 \$20 to \$30 \$40 to \$50

### Demographics

Kids Friendly Teen Friendly Lactation Friendly Diabetic Friendly

### Diet

Mediterranean Diet

### Difficulty Level

Easy

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