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Fried Potato Sandwich ♦

A crispy and delicious sandwich made with fried potatoes and other ingredients. It is a popular street food in many countries.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

300 g	potatoes
4 slices	bread
4 tbsp	oil
1 teaspoon	Salt
0.5 teaspoon	Pepper

2 slices	cheese
4 leaves	lettuce
4 slices	Tomato
4 tbsp	mayonnaise

Directions

Step 1

Cut

Peel and slice the potatoes into thin rounds.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Frying

Heat oil in a pan and fry the potato slices until golden brown.

Prep Time: 0 mins

Cook Time: 10 mins

Step 3

Season the fried potatoes with salt and pepper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Toasting

Toast the bread slices.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Spreading

Spread mayonnaise on one side of each bread slice.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Plating

Place lettuce, tomato slices, and cheese on one slice of bread.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Plating

Top with the fried potato slices.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Plating

Cover with another slice of bread, mayo side down.

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Cut

Cut the sandwich in half and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 15 g

Protein: 15 g

Carbohydrates: 60 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	60 g	109.09%	120%
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	8 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	5 g	22.73%	29.41%
Fat	15 g	53.57%	60%
Cholesterol	20 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
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	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	600 mg	17.65%	23.08%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
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

Snacks

Salads

Side Dishes

Appetizers

Main Dishes

Drinks

Breads

Cooking Method

Cutting

Cut

Resting

Cooking

Stir-frying

Mashing

Sprinkling

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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