



Healthdor

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## Super Bird Sandwich ♦♦

The Super Bird Sandwich is a classic sandwich made with roasted turkey, crispy bacon, fresh lettuce, juicy tomatoes, and creamy mayonnaise. It's a delicious and filling sandwich that is perfect for lunch or dinner.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

400 g	Roasted Turkey
100 g	bacon
100 g	lettuce
200 g	Tomato
50 g	mayonnaise

400 g bread

## Directions

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### Step 1

#### Toasting

Toast the bread slices.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Spreading

Spread mayonnaise on one side of each bread slice.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

#### Layering

Layer roasted turkey, bacon, lettuce, and tomato slices on one bread slice.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 4

Pressing

Cover with another bread slice and press gently.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 5

Cutting

Cut the sandwich in half and serve.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 400 kcal

**Fat:** 15 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	5 g	13.16%	20%
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	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
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	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	800 mg	34.78%	34.78%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Fall

## Cuisines

Italian

## Nutritional Content

Low Calorie

## Kitchen Tools

Slow Cooker

## Course

Appetizers

Side Dishes

Salads

Snacks

## Cultural

Chinese New Year

Halloween

## Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

## Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Pregnancy Safe

## Meal Type

Lunch

Dinner

Snack

Supper

## Difficulty Level

Easy

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