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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

Step 1

Toasting

Toast the bread slices.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Spreading

Spread mayonnaise on one side of each bread slice.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Layering

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

Prep Time: 3 mins

Cook Time: 0 mins

Step 4



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%

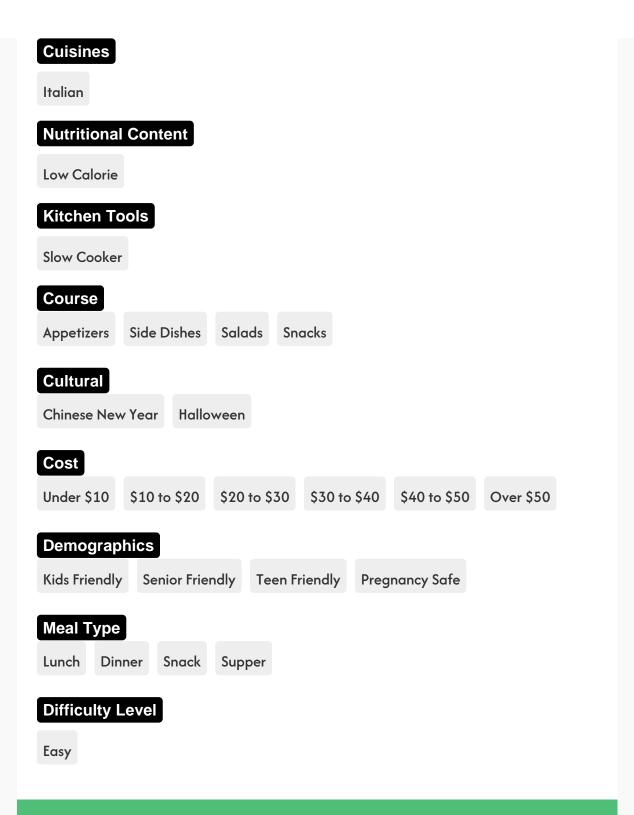
Minerals

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



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