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## Club Sandwich ♦♦

The Club Sandwich is a classic sandwich made with layers of deli meats, cheese, lettuce, tomato, and bacon. It is typically served on toasted bread and often accompanied by mayonnaise or mustard. The Club Sandwich is a popular choice for lunch or a quick and satisfying meal.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

**6 slices** bread

**6 slices** Turkey

**6 slices** Ham

**6 strips** bacon

4 lettuce  
leaves

4 slices Tomato

4 tbsp mayonnaise

## Directions

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### Step 1

#### Toasting

Toast the bread slices.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 2

#### Spreading

Spread mayonnaise on one side of each bread slice.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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### Step 3

#### Layering

Layer the turkey, ham, bacon, lettuce, and tomato on one bread slice.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Layering

Top with another bread slice and repeat the layering process.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 5

Layering

Finish with a final bread slice on top.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 6

Cutting

Cut the sandwich into halves or quarters.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 450 kcal

**Fat:** 25 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	3 g	7.89%	12%
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	6 g	N/A	N/A
Saturated Fat	7 g	31.82%	41.18%
Fat	25 g	89.29%	100%
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	1000 mg	43.48%	43.48%
Calcium	10 mg	1%	1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Seasonality

Fall

### Events

Picnic

### Cuisines

American

### Course

Main Dishes

Salads

Sauces & Dressings

### Cultural

Chinese New Year

St. Patrick's Day

Halloween

### Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

### Demographics

Kids Friendly

Senior Friendly

Teen Friendly

Diabetic Friendly

## Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Easy

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