



Healthdor

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Slice for Most Small Subs ♦

This recipe is for slicing most small subs. It provides step-by-step instructions on how to slice the subs for the best results. The subs can be consumed as a snack or as part of a meal.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 100 grams

Number of Servings: 1

Serving Size: 100 g

Ingredients

| | |
|-------|---------------|
| 100 g | Sub Roll |
| 50 g | meat filling |
| 20 g | cheese slices |
| 10 g | lettuce |
| 10 g | tomato slices |

| | |
|------|------------|
| 10 g | mayonnaise |
| 5 g | mustard |

Directions

Step 1

Cutting

Cut the sub roll horizontally.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Spreading

Spread mayonnaise on one side of the sub roll.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Spreading

Spread mustard on the other side of the sub roll.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Plating

Place lettuce on one side of the sub roll.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Plating

Place tomato slices on top of the lettuce.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Plating

Place meat filling on the other side of the sub roll.

Prep Time: 1 mins

Cook Time: 0 mins

Step 7

Plating

Place cheese slices on top of the meat filling.

Prep Time: 1 mins

Cook Time: 0 mins

Step 8

Cutting

Close the sub roll and slice it into smaller pieces.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 30 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 | 30 g | 54.55% | 60% |
| Fibers | 5 g | 13.16% | 20% |
| Sugars | 2 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 | 10 g | 45.45% | 58.82% |
| Fat | 20 g | 71.43% | 80% |
| Cholesterol | 30 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
|----------|-------|------------------------|--------------------------|

| | | | |
|-------------|--------|---------|---------|
| Vitamin A | 100 iu | 11.11% | 14.29% |
| Vitamin C | 20 mg | 22.22% | 26.67% |
| Vitamin B6 | 2 mg | 153.85% | 153.85% |
| Vitamin B12 | 5 mcg | 208.33% | 208.33% |
| Vitamin E | 2 mg | 13.33% | 13.33% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 400 mg | 17.39% | 17.39% |
| Calcium | 15 mg | 1.5% | 1.5% |
| Iron | 10 mg | 125% | 55.56% |
| Potassium | 200 mg | 5.88% | 7.69% |
| Zinc | 2 mg | 18.18% | 25% |
| Selenium | 2 mcg | 3.64% | 3.64% |

Recipe Attributes

Events

Picnic

Course

Snacks

Main Dishes

Meal Type

Snack

Lunch

Supper

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Kitchen Tools

Stove

Cooking Method

Simmering

Cutting

Serving

Cooking

None

Stir-frying

Sprinkling

Refrigerating

Cooling

Stove

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Difficulty Level

Easy

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