



Healthdor

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## Cajun Filet Sandwich without Mayo

The Cajun Filet Sandwich without Mayo is a delicious and spicy sandwich that is perfect for lunch or dinner. It features a Cajun-seasoned filet, topped with lettuce, tomato, and pickles, all served on a toasted bun. This sandwich is full of flavor and is sure to satisfy your cravings.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 10 mins

**Total Time:** 25 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

200 g	cajun-seasoned filet
50 g	lettuce
50 g	Tomato
50 g	Pickles
50 g	bun

## Directions

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### Step 1

Grilling

Grill the Cajun-seasoned filet until cooked through.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Toasting

Toast the bun.

**Prep Time:** 1 mins

**Cook Time:** 1 mins

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### Step 3

Assemble the sandwich by placing the grilled filet on the bottom bun, then adding lettuce, tomato, and pickles.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 300 kcal

**Fat:** 15 g

**Protein:** 20 g

**Carbohydrates:** 25 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	2 g	5.26%	8%
Sugars	3 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	3 g	13.64%	17.65%
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	8 mg	8.89%	10.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Events

Picnic

### Cuisines

Middle Eastern

### Kitchen Tools

Grill

### Course

Side Dishes

Salads

Snacks

### Cultural

Chinese New Year

### Cost

Over \$50

### Demographics

Kids Friendly

Teen Friendly

### Diet

Paleo Diet

Vegetarian Diet

Vegan Diet

The F-Plan Diet

## Cooking Method

Steaming

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Medium

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