



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Turkey Club Sandwich ♦

The Turkey Club Sandwich is a classic deli sandwich made with layers of turkey, bacon, lettuce, tomato, and mayonnaise. It is typically served on toasted bread and is a popular choice for lunch or a quick and easy dinner. This recipe provides step-by-step instructions on how to make the perfect Turkey Club Sandwich.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

150 g	Turkey
100 g	bacon
50 g	lettuce
50 g	Tomato
30 g	mayonnaise

200 g bread

## Directions

---

### Step 1

#### Toasting

Toast the bread slices.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

### Step 2

#### Spreading

Spread mayonnaise on one side of each bread slice.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

### Step 3

#### Layering

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

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

## Step 4

### Cutting

Top with the second bread slice and cut the sandwich in half.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 500 kcal

**Fat:** 20 g

**Protein:** 30 g

**Carbohydrates:** 40 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
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	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
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	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	10 mg	66.67%	66.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Cuisines

American

Middle Eastern

### Events

Game Day

Picnic

### Course

Snacks

Breads

Desserts

Main Dishes

Salads

Sauces & Dressings

Soups

Side Dishes

Drinks

### Cultural

Christmas

**Meal Type**

Breakfast

Lunch

Dinner

Snack

Brunch

Supper

**Difficulty Level**

Easy

Visit our website: [healthdor.com](http://healthdor.com)