



Healthdor

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## Turkey Bacon Ranch on Large White Sub

This delicious turkey bacon ranch sub is a classic sandwich made with tender turkey, crispy bacon, creamy ranch dressing, and melted cheese. It's perfect for lunch or dinner and can be customized with your favorite toppings.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 2

**Serving Size:** 150 g

### Ingredients

300 g	large white sub
100 g	Turkey
50 g	bacon
30 g	mayo

50 g cheese

## Directions

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### Step 1

Cut

Slice the large white sub in half lengthwise.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 2

Spreading

Spread mayo on both sides of the sub.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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### Step 3

Layering

Layer turkey, bacon, and cheese on one side of the sub.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Pressing

Close the sub and press it gently.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Step 5

Cut

Slice the sub into individual servings.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 500 kcal

**Fat:** 15 g

**Protein:** 30 g

**Carbohydrates:** 60 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	60 g	109.09%	120%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	10 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
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	2 mg	2.22%	2.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	20 mg	2%	2%
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

## Kitchen Tools

Slow Cooker

Blender

## Nutritional Content

Low Calorie

## Cuisines

Italian

American

## Diet

Anti-Inflammatory Diet

## Meal Type

Breakfast

Lunch

Snack

Supper

## Events

Picnic

## Course

Appetizers

Main Dishes

Salads

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

## Cost

Under \$10

## Demographics

Kids Friendly

Teen Friendly

## Difficulty Level

Medium

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