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Turkey Bacon Ranch on Large Wheat Sub ••

This recipe is a delicious combination of turkey bacon, ranch dressing, and cheese served on a large wheat sub. It is perfect for a quick and satisfying meal.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	turkey bacon
100 g	ranch dressing
100 g	Cheese
4 pieces	large wheat sub
50 g	mayo

Directions

Step 1

Preheating

Preheat the oven to 350°F.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the large wheat sub in half and spread mayo on both sides.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Layering

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

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Baking

Place the sub in the preheated oven and bake for 10-15 minutes, or until the cheese is melted and the bacon is crispy.

Prep Time: 0 mins

Cook Time: 15 mins

Step 5

Serving

Remove from the oven and serve hot.

Prep Time: 0 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	3 g	7.89%	12%
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	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	10 mg	769.23%	769.23%
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	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

Middle Eastern

Course

Appetizers

Main Dishes

Salads

Snacks

Cultural

Chinese New Year

Easter

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Diet

Nordic Diet

Vegetarian Diet

The F-Plan Diet

The Israeli Army Diet

The Ice Cream Diet

The Subway Diet

The Specific Carbohydrate Diet (SCD)

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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