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Hook & Ladder on Large Wheat Sub with Mayo & Cheese ♦♦

The Hook & Ladder is a classic sandwich made with a large wheat sub roll, filled with delicious ingredients like mayo and cheese. It is a popular choice for lunch or dinner, and is loved by sandwich enthusiasts all over.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

200 g	large wheat sub roll
30 g	mayonnaise
50 g	cheese

Directions

Step 1

Cut

Slice the large wheat sub roll in half lengthwise.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Spreading

Spread mayonnaise on both halves of the sub roll.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Placing

Place the cheese slices on one half of the sub roll.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Placing

Close the sub roll by placing the other half on top.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Cut

Cut the sub roll into desired serving sizes.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 500 kcal

Fat: 25 g

Protein: 20 g

Carbohydrates: 40 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	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	10 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	25 g	89.29%	100%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	100 iu	11.11%	14.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	200 mg	20%	20%
Iron	2 mg	25%	11.11%
Potassium	150 mg	4.41%	5.77%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Cuisines

Italian

Course

Appetizers

Main Dishes

Snacks

Sauces & Dressings

Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The Rice Diet

The Werewolf Diet

The Cambridge Diet

The CICO (Calories In, Calories Out) Diet

The Dukan Diet

The GOLO Diet

The Specific Carbohydrate Diet (SCD)

The Crohn's Disease Diet

The PCOS (Polycystic Ovary Syndrome) Diet

The Low Oxalate Diet

The Osteoporosis Diet

The High-Potassium Diet

Meal Type

Lunch

Difficulty Level

Medium

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