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## Pesto Club Special Sandwich on White ••

The Pesto Club Special Sandwich is a classic sandwich made with white bread, pesto sauce, turkey, bacon, lettuce, and tomato. It's a delicious combination of flavors and textures that is perfect for lunch or a light dinner. The sandwich is easy to make and can be customized with your favorite ingredients. Enjoy this tasty and satisfying sandwich!

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 1

**Serving Size:** 200 g

### Ingredients

**2 slices** white bread

**2 tbsp** Pesto sauce

**3 slices** Turkey

**2 strips** bacon

2 lettuce  
leaves

2 slices Tomato

## Directions

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### Step 1

Spread pesto sauce on one side of each slice of bread.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 2

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

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

Place the other slice of bread on top to make a sandwich.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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### Step 4

Cut

Cut the sandwich in half and serve.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 450 kcal

**Fat:** 20 g

**Protein:** 25 g

**Carbohydrates:** 40 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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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	5 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	15 mg	16.67%	20%
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	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	300 mg	8.82%	11.54%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Cuisines

Italian

American

### Diet

Anti-Inflammatory Diet

### Course

Appetizers

Main Dishes

Salads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

**Meal Type**

Breakfast

Lunch

Snack

Supper

**Difficulty Level**

Medium

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