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Sesame Mix Special Sandwich on White ••

The Sesame Mix Special Sandwich on White is a delicious and satisfying sandwich that is perfect for any meal. It features a combination of sesame seeds and other flavorful ingredients, making it a unique and tasty option. The sandwich is prepared by layering the ingredients on white bread and grilling or toasting it until golden brown. It can be enjoyed on its own or paired with a side of fries or salad for a complete meal.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

4 slices	white bread
20 g	Sesame Seeds
30 g	mayonnaise

50 g	lettuce
100 g	Tomato
50 g	Cheese
100 g	Ham

Directions

Step 1

Spread mayonnaise on one side of each bread slice.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Sprinkle sesame seeds on the mayonnaise side of two bread slices.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Layer lettuce, tomato, cheese, and ham on one bread slice.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Place the other bread slice with sesame seeds on top of the layered ingredients.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Grilling

Grill or toast the sandwich until golden brown.

Prep Time: 4 mins

Cook Time: 5 mins

Step 6

Cutting

Cut the sandwich into halves or quarters.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 500 kcal

Fat: 25 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)
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Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	25 g	89.29%	100%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
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	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Events

Christmas Picnic

Meal Type

Brunch Lunch Snack Supper

Kitchen Tools

Slow Cooker

Course

Appetizers Snacks Sauces & Dressings

Cultural

Cinco de Mayo

Cost

Under \$10

Demographics

Senior Friendly Teen Friendly

Diet

Flexitarian Diet Vegetarian Diet Vegan Diet Pescatarian Diet
Ovo-Vegetarian Diet Lacto-Ovo Vegetarian Diet Fruitarian Diet
Traditional Chinese Medicine (TCM) Diet Low Sodium Diet

Difficulty Level

Medium

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