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Spinach Popper Special Sandwich on White

The Spinach Popper Special Sandwich is a delicious and hearty sandwich that is perfect for lunch or dinner. It features a combination of fresh spinach, creamy cheese, and flavorful spices, all sandwiched between two slices of soft white bread. This sandwich is a crowd-pleaser and is sure to satisfy even the pickiest eaters.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

200 g	spinach
100 g	cream cheese
1 tsp	Garlic powder
1 tsp	Onion powder

0.5 tsp Salt

0.5 tsp Black pepper

8 slices white bread

Directions

Step 1

In a large mixing bowl, combine the spinach, cream cheese, garlic powder, onion powder, salt, and black pepper. Mix well until all ingredients are evenly distributed.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Spread the spinach mixture evenly onto 4 slices of white bread. Top with the remaining 4 slices of bread to form sandwiches.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

Heat a non-stick skillet over medium heat. Place the sandwiches in the skillet and cook for 3-4 minutes on each side, or until the bread is golden brown and the cheese is melted.

Prep Time: 0 mins

Cook Time: 8 mins

Step 4

Remove the sandwiches from the skillet and let them cool for a few minutes. Cut each sandwich in half and serve warm.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 10 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	10 g	58.82%	58.82%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
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	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	10 mg	11.11%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	500 mg	21.74%	21.74%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Middle Eastern

Diet

Anti-Inflammatory Diet

Course

Breads

Salads

Snacks

Sauces & Dressings

Appetizers

Main Dishes

Side Dishes

Desserts

Drinks

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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