



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Pesto Bello Combo Sub (6")

The Pesto Bello Combo Sub is a delicious vegetarian sandwich filled with a combination of fresh vegetables and flavorful pesto sauce. It's a perfect option for those looking for a meat-free meal.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 1

Serving Size: 200 g

Ingredients

100 g	sub roll
30 g	Pesto sauce
50 g	Tomato
20 g	lettuce
30 g	cucumber

20 g	onion
40 g	Cheese

Directions

Step 1

Cut

Slice the sub roll in half.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Spreading

Spread pesto sauce on both sides of the sub roll.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Layering

Layer tomato, lettuce, cucumber, onion, and cheese on the sub roll.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Cutting

Close the sub roll and cut into desired portions.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 10 g

Protein: 15 g

Carbohydrates: 60 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Protein	15 g	88.24%	88.24%
---------	------	--------	--------

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	60 g	109.09%	120%
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	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%

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	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Cuisines

Italian

American

Mediterranean

Spanish

Course

Salads

Snacks

Soups

Sauces & Dressings

Appetizers

Main Dishes

Side Dishes

Cultural

Chinese New Year

Cinco de Mayo

Cost

Under \$10

Demographics

Kids Friendly

Lactation Friendly

Diet

Vegetarian Diet

Vegan Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

Visit our website: healthdor.com