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Italian Sub (6")

The Italian sub is a classic sandwich that originated in Italy. It is typically made with a variety of Italian meats and cheeses, along with lettuce, tomatoes, onions, and a tangy Italian dressing. The sub is served on a 6-inch roll and is perfect for a quick and delicious lunch or dinner. Enjoy the flavors of Italy in every bite!

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

1 pieces	6-inch roll
50 g	Salami
50 g	Ham
50 g	Pepperoni

50 g	Provolone Cheese
20 g	lettuce
30 g	Tomato
10 g	onion
2 tbsp	italian dressing

Directions

Step 1

Cut

Slice the 6-inch roll in half lengthwise.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Layer the salami, ham, pepperoni, and provolone cheese on the bottom half of the roll.

Prep Time: 3 mins

Cook Time: 0 mins

Step 3

Top with lettuce, tomato, and onion.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Drizzle Italian dressing over the ingredients.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Cover with the top half of the roll.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Cut

Slice the sandwich in half and serve.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 12 g

Protein: 25 g

Carbohydrates: 30 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)
Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
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	5 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	12 g	42.86%	48%
Cholesterol	40 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	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	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Italian

Course

Desserts

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Oktoberfest

Passover

St. Patrick's Day

Halloween

Cost

Under \$10

\$30 to \$40

Demographics

Senior Friendly

Teen Friendly

Diabetic Friendly

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Volumetrics Diet

Vegetarian Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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