



Healthdor

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Super Stacked Best Sub

This Super Stacked Best Sub is a delicious and filling sandwich that is perfect for lunch or dinner. It is made with a variety of fresh ingredients and packed with flavor. The sub is layered with your choice of meat, cheese, and a variety of vegetables. It is then topped with a tangy sauce and served on a soft and crusty roll. This sub is sure to satisfy your cravings and leave you wanting more.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

250 g	crusty roll
100 g	Turkey
100 g	Ham
100 g	Salami

50 g	Swiss cheese
50 g	lettuce
50 g	Tomato
25 g	onion
30 g	mayonnaise
10 g	mustard

Directions

Step 1

Cut

Slice the crusty roll in half.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Spreading

Spread mayonnaise and mustard on the inside of the roll.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Layering

Layer the turkey, ham, salami, Swiss cheese, lettuce, tomato, and onion on the bottom half of the roll.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Plating

Place the top half of the roll on the sandwich.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Cutting

Cut the sandwich in half and serve.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 500 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 35 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	35 g	63.64%	70%
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	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	60 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%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	10 mg	0.29%	0.38%
Zinc	8 mg	72.73%	100%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Events

Picnic

Course

Side Dishes

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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