



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## 12" Veggie Supreme Sub

A delicious vegetarian sub filled with a variety of fresh vegetables and toppings.

**Recipe Type:** Vegetarian

**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

200 g	12" sub roll
50 g	lettuce
50 g	Tomato
50 g	cucumber
50 g	bell pepper
25 g	red onion
25 g	Black Olives

25 g	banana peppers
30 g	mayonnaise
20 g	mustard
2 g	Salt
2 g	Pepper

## Directions

---

### Step 1

Cut

Slice the sub roll in half horizontally.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

### Step 2

Spreading

Spread mayonnaise and mustard on the bottom half of the sub roll.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

### Step 3

Layering

Layer lettuce, tomato, cucumber, bell pepper, red onion, black olives, and banana peppers on top of the condiments.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 4

Sprinkling

Season with salt and pepper.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 5

Plating

Place the top half of the sub roll on the vegetables.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

---

## Step 6

Cut

Cut the sub into two equal halves.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

## Step 7

Serving

Serve and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 350 kcal

**Fat:** 15 g

**Protein:** 10 g

**Carbohydrates:** 45 g

## Nutrition Facts

### Proteins

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

Protein	10 g	58.82%	58.82%
---------	------	--------	--------

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%
Fibers	8 g	21.05%	32%
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	6 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	300 mg	8.82%	11.54%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Game Day

### Cuisines

Italian

### Course

Breads

Salads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

### Cost

\$40 to \$50

### Demographics

Teen Friendly

### Diet

Vegetarian Diet

Pescatarian Diet

Lacto-Ovo Vegetarian Diet

Blood Type Diet

Gluten-Free Diet

The Fast Metabolism Diet

The Gerson Therapy

The Breatharian Diet

### Meal Type

Lunch

Snack

Supper

### Difficulty Level

Medium

Visit our website: [healthdor.com](http://healthdor.com)