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The Papa Joe Sandwich ♦♦

The Papa Joe Sandwich is a classic deli sandwich that is loved by many. It is made with a combination of fresh ingredients and is perfect for a quick and satisfying meal. This sandwich is typically consumed as a lunch option and is often paired with a side of chips or a pickle. The Papa Joe Sandwich has a rich history and is named after its creator, Joe Smith, who owned a popular deli in New York City. It has since become a staple in delis and sandwich shops across the country.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 250 grams

Number of Servings: 1

Serving Size: 250 g

Ingredients

100 g	sliced turkey breast
100 g	sliced ham
50 g	sliced salami

50 g	Swiss cheese
25 g	lettuce
25 g	Tomato
25 g	mayonnaise
10 g	mustard
100 g	bread

Directions

Step 1

Spread mayonnaise and mustard on one side of the bread slices.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Layer the turkey, ham, salami, Swiss cheese, lettuce, and tomato on one slice of bread.

Prep Time: 3 mins

Cook Time: 0 mins

Step 3

Place the other slice of bread on top to form a sandwich.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

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: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	30 g	176.47%	176.47%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	3 g	7.89%	12%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%

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	1000 mg	43.48%	43.48%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Picnic

Cuisines

American

Course

Main Dishes

Salads

Snacks

Sauces & Dressings

Cultural

Halloween

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Diet

Zone Diet

Vegetarian Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The Scarsdale Diet

The French Women Don't Get Fat Diet

The F-Plan Diet

The Israeli Army Diet

The Werewolf Diet

The 3-Day Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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