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Submarino Turkey ♦♦

Submarino Turkey is a delicious sandwich made with turkey, cheese, and vegetables. It is typically consumed as a lunch or dinner option. The recipe originated in the United States and has become popular worldwide. The sandwich is prepared by layering sliced turkey, cheese, lettuce, tomatoes, onions, and mayonnaise on a sub roll. It is then toasted or grilled until the cheese is melted and the bread is crispy. The Submarino Turkey is a satisfying and hearty meal that can be enjoyed by meat lovers.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Turkey
200 g	Cheese
100 g	lettuce

100 g	Tomatoes
50 g	Onions
50 g	mayonnaise
400 g	sub roll

Directions

Step 1

Cut

Slice the sub roll in half lengthwise.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Spreading

Spread mayonnaise on both sides of the sub roll.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Layering

Layer turkey, cheese, lettuce, tomatoes, and onions on one side of the sub roll.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Pressing

Close the sub roll and press it gently.

Prep Time: 1 mins

Cook Time: 2 mins

Step 5

Grilling

Toast or grill the sandwich until the cheese is melted and the bread is crispy.

Prep Time: 2 mins

Cook Time: 5 mins

Step 6

Cut

Slice the sandwich into halves or quarters.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 15 g

Protein: 25 g

Carbohydrates: 40 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	40 g	72.73%	80%
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	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
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	15 mg	16.67%	20%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	10 mg	66.67%	66.67%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Meal Type

Lunch Supper

Course

Salads 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

Difficulty Level

Medium

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