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Vito

A delicious and hearty Italian sandwich made with cured meats, cheese, and vegetables, served on a crusty roll. Originating from New Orleans, the Vito is a favorite among sandwich lovers.

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

200 g	crusty roll
50 g	Salami
50 g	Ham
50 g	Provolone Cheese
20 g	lettuce

30 g	Tomato
10 g	onion
10 g	Olive oil
5 g	Vinegar
2 g	Salt
1 g	Pepper

Directions

Step 1

Cut

Slice the crusty roll in half lengthwise.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

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

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Mixing

In a small bowl, mix together the lettuce, tomato, onion, olive oil, vinegar, salt, and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Place the lettuce mixture on top of the meat and cheese.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Cover with the other half of the roll.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
Sugars	2 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	5 g	22.73%	29.41%
Fat	15 g	53.57%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Cuisines

Italian American Middle Eastern

Course

Appetizers Main Dishes Salads Snacks

Cultural

Chinese New Year Oktoberfest

Kitchen Tools

Slow Cooker

Cooking Method

Frying Boiling Microwaving Simmering Cutting Plating Serving
Cooking None Stir-frying

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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