



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Slim 1 Unwich

The Slim 1 Unwich is a low-calorie, low-carb sandwich option that is perfect for those looking to eat healthy. It is made with fresh ingredients and packed with flavor.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 1

Serving Size: 200 g

Ingredients

50 g	lettuce leaves
100 g	Turkey Breast
50 g	Tomato
50 g	cucumber
10 g	mustard

Directions

Step 1

Wash and dry the lettuce leaves.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the turkey breast, tomato, and cucumber.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Spread mustard on the lettuce leaves.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Layering

Layer the turkey breast, tomato, and cucumber on top of the lettuce leaves.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Rolling

Roll up the lettuce leaves to form a wrap.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Cutting

Slice the wrap into smaller pieces, if desired.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 1 g

Protein: 25 g

Carbohydrates: 10 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	10 g	18.18%	20%
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	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
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	300 mg	13.04%	13.04%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	10 mg	0.29%	0.38%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Nutritional Content

Low Calorie

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Course

Appetizers

Main Dishes

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Easter

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Heart Healthy

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

Visit our website: healthdor.com