



All-American Turkey Sub

READY IN



45 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon chives minced
- ☐ 2 tablespoons nonfat cream cheese
- ☐ 4 curly kale leaves
- ☐ 4 slices bell pepper green thin
- ☐ 2 tablespoons nonfat mayonnaise
- ☐ 2 tablespoons commercial oil-free dressing italian
- ☐ 0.1 teaspoon onion powder
- ☐ 3 ounce process american cheese low-fat
- ☐ 4 slices bell pepper sweet red thin

- ☐ 8 ounce submarine rolls whole wheat split
- ☐ 2 inch tomatoes
- ☐ 8 ounces thinly- turkey breast cooked
- ☐ 4 slices bell pepper sweet yellow thin

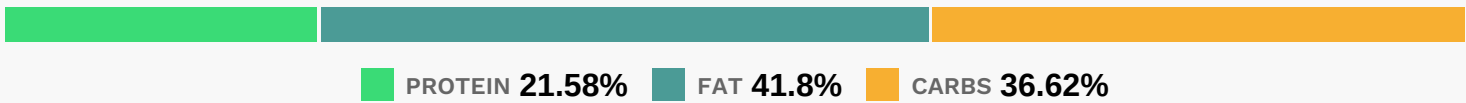
Equipment

- ☐ bowl

Directions

- ☐ Combine first 4 ingredients in a small bowl; stir well.
- ☐ Spread cream cheese mixture evenly on bottom halves of rolls.
- ☐ Combine lettuce and Italian dressing, tossing to coat. Top cream cheese mixture evenly with lettuce leaves, turkey, tomato, process cheese, and pepper slices; top with remaining halves of rolls.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:20.1, Inflammation Score:-10, Nutrition Score:26.598695526952%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 4.94mg, Luteolin: 4.94mg, Luteolin: 4.94mg, Luteolin: 4.94mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 412.85kcal (20.64%), Fat: 19.6g (30.16%), Saturated Fat: 6.14g (38.35%), Carbohydrates: 38.64g (12.88%), Net Carbohydrates: 33.93g (12.34%), Sugar: 11.18g (12.43%), Cholesterol: 59.83mg (19.94%), Sodium: 794.25mg (34.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.77g (45.53%), Vitamin C: 195.12mg (236.51%), Vitamin A: 4619.58IU (92.39%), Iron: 9.81mg (54.48%), Vitamin B6: 0.94mg (47.25%), Vitamin K: 37.25µg (35.47%), Vitamin B3: 7.06mg (35.32%), Phosphorus: 325.51mg (32.55%), Calcium: 264.08mg (26.41%), Selenium: 18µg (25.72%), Vitamin E: 3.33mg (22.18%), Fiber: 4.7g (18.81%), Potassium: 567.46mg (16.21%), Folate: 63.91µg (15.98%),

Vitamin B2: 0.27mg (15.64%), Manganese: 0.27mg (13.51%), Vitamin B12: 0.69µg (11.53%), Zinc: 1.69mg (11.26%),
Magnesium: 42.98mg (10.74%), Vitamin B5: 0.97mg (9.72%), Vitamin B1: 0.14mg (9.13%), Copper: 0.12mg (6.24%),
Vitamin D: 0.18µg (1.23%)