



Awesome Turkey Sandwich

 Popular

READY IN



10 min.

SERVINGS



1

CALORIES



715 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 avocado pitted peeled sliced
- ☐ 0.3 cup bean sprouts
- ☐ 3 ounces colby-monterey jack cheese sliced
- ☐ 2 tablespoons guacamole
- ☐ 1 tablespoon mayonnaise
- ☐ 0.5 cup salad greens mixed
- ☐ 2 teaspoons mustard dijon-style prepared
- ☐ 2 slices tomatoes

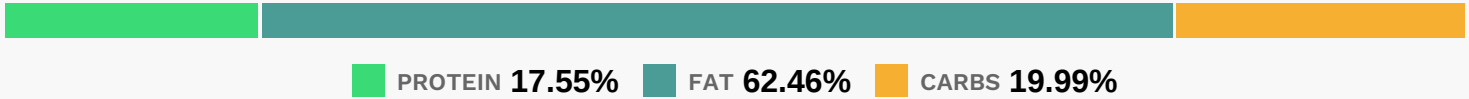
- ☐ 3 slices turkey breast smoked
- ☐ 2 slices bread whole wheat toasted

Equipment

Directions

- ☐ Spread mayonnaise on one slice of toast, then spread mustard on the other. Arrange the sliced turkey on one side.
- ☐ Spread guacamole over the turkey. Pile on the salad greens, bean sprouts, avocado and cheese. Finish with tomato slices, then place the remaining slice of toast on top.

Nutrition Facts



Properties

Glycemic Index:296.7, Glycemic Load:15.85, Inflammation Score:-9, Nutrition Score:31.687826084054%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 714.52kcal (35.73%), Fat: 50.73g (78.05%), Saturated Fat: 20.09g (125.54%), Carbohydrates: 36.54g (12.18%), Net Carbohydrates: 26.19g (9.53%), Sugar: 6.15g (6.83%), Cholesterol: 83.19mg (27.73%), Sodium: 982.52mg (42.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.07g (64.14%), Calcium: 754.71mg (75.47%), Manganese: 1.5mg (75.15%), Phosphorus: 594.21mg (59.42%), Vitamin K: 59.37µg (56.55%), Selenium: 31.74µg (45.35%), Fiber: 10.35g (41.4%), Vitamin B2: 0.6mg (35.08%), Folate: 137.61µg (34.4%), Zinc: 4.42mg (29.48%), Vitamin A: 1473.61IU (29.47%), Vitamin C: 23.64mg (28.65%), Magnesium: 108.94mg (27.23%), Vitamin B6: 0.51mg (25.52%), Vitamin B3: 4.95mg (24.76%), Potassium: 829.13mg (23.69%), Vitamin B1: 0.36mg (23.68%), Copper: 0.4mg (20.21%), Vitamin E: 3.02mg (20.13%), Vitamin B5: 1.94mg (19.4%), Iron: 3.21mg (17.81%), Vitamin B12: 0.74µg (12.36%), Vitamin D: 0.54µg (3.61%)