



## Berry Good" Turkey Sandwich

 Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

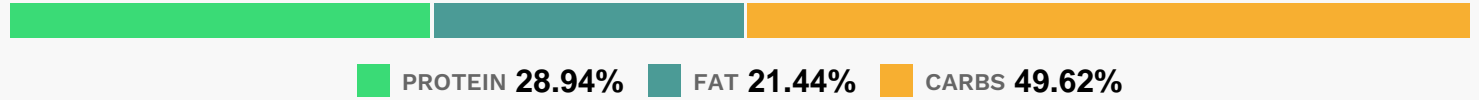
- 6 slices oscar mayer deli oven roasted turkey breast fresh
- 1 leaf romaine leaves
- 2 slices multi-grain bread
- 1 Tbsp mayo reduced fat mayonnaise light kraft
- 1 Tbsp berry cranberry sauce whole

### Equipment

## Directions

- Spread cranberry sauce on 1 bread slice and mayo on remaining bread slice.
- Fill with turkey and lettuce.

## Nutrition Facts



## Properties

Glycemic Index:13.94, Glycemic Load:2.9, Inflammation Score:-1, Nutrition Score:2.9486956502432%

## Flavonoids

Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 54.02kcal (2.7%), Fat: 1.29g (1.99%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 6.72g (2.24%), Net Carbohydrates: 6.02g (2.19%), Sugar: 1.66g (1.84%), Cholesterol: 7.79mg (2.6%), Sodium: 222.08mg (9.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.85%), Manganese: 0.24mg (12.24%), Vitamin B3: 1.8mg (9.02%), Selenium: 4.88µg (6.97%), Phosphorus: 61.35mg (6.13%), Vitamin B6: 0.09mg (4.45%), Vitamin B1: 0.05mg (3.44%), Magnesium: 12.51mg (3.13%), Fiber: 0.71g (2.83%), Potassium: 81.94mg (2.34%), Vitamin K: 2.42µg (2.3%), Vitamin B5: 0.22mg (2.19%), Calcium: 20.17mg (2.02%), Iron: 0.36mg (2.01%), Zinc: 0.27mg (1.83%), Vitamin B2: 0.03mg (1.74%), Folate: 5.93µg (1.48%), Copper: 0.03mg (1.48%), Vitamin E: 0.2mg (1.31%)