



## Breadless Turkey BLT

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



12 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

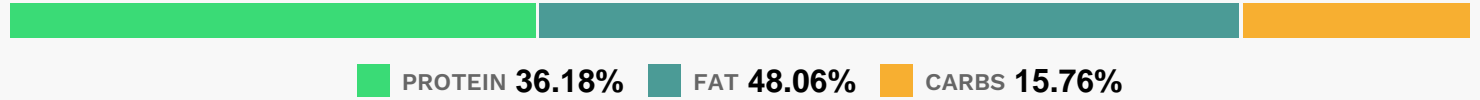
- 6 slices oscar mayer deli turkey breast smoked fresh
- 2 layers of tightly nestled iceberg lettuce leaves bowl-shaped (4 to 5 lettuce leaves each)
- 1 milk singles 2% kraft
- 2 tsp lite ranch dressing kraft
- 1 Tbsp oscar mayer real bacon recipe pieces
- 0.3 cup tomatoes chopped

## Equipment

## Directions

- Fill 1 of the lettuce sections with turkey, 2% Milk Singles, tomatoes and bacon pieces; drizzle with dressing.
- Cover with remaining lettuce section to form sandwich.
- Cut crosswise in half to serve.

## Nutrition Facts



## Properties

Glycemic Index:7, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.41565217231603%

## Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 11.78kcal (0.59%), Fat: 0.64g (0.98%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 0.47g (0.16%), Net Carbohydrates: 0.41g (0.15%), Sugar: 0.26g (0.29%), Cholesterol: 2.8mg (0.93%), Sodium: 87.62mg (3.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.17%), Vitamin K: 2.02µg (1.92%), Phosphorus: 14.3mg (1.43%)