



## California Cheese and Turkey Sandwich

READY IN



5 min.

SERVINGS



5

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

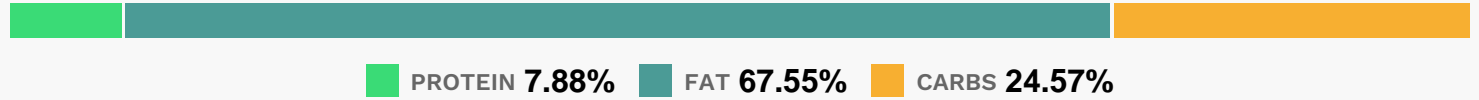
- 3 slices avocado thin
- 1 Tbsp avocado oil mayonnaise kraft
- 4 slices oscar mayer deli bold mesquite turkey breast smoked fresh
- 1 milk singles 2% kraft
- 2 slices multi-grain bread
- 3 slices tomatoes

### Equipment

## Directions

- Spread 1 bread slice with mayo.
- Top with next 4 ingredients; cover with remaining bread slice.

## Nutrition Facts



## Properties

Glycemic Index:32.54, Glycemic Load:3.7, Inflammation Score:-5, Nutrition Score:10.027826144158%

## Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 201.75kcal (10.09%), Fat: 16.16g (24.86%), Saturated Fat: 2.29g (14.32%), Carbohydrates: 13.23g (4.41%), Net Carbohydrates: 6.49g (2.36%), Sugar: 1.62g (1.8%), Cholesterol: 2.06mg (0.69%), Sodium: 133.72mg (5.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.48%), Fiber: 6.74g (26.94%), Vitamin K: 20.55µg (19.57%), Folate: 78.1µg (19.53%), Manganese: 0.38mg (19.1%), Potassium: 504.65mg (14.42%), Vitamin C: 10.98mg (13.31%), Vitamin B6: 0.26mg (13.12%), Vitamin B5: 1.31mg (13.09%), Vitamin E: 1.96mg (13.08%), Copper: 0.22mg (10.87%), Vitamin B3: 2.12mg (10.58%), Magnesium: 37.56mg (9.39%), Phosphorus: 88.22mg (8.82%), Vitamin B2: 0.14mg (8%), Vitamin B1: 0.11mg (7.24%), Zinc: 0.84mg (5.61%), Vitamin A: 263.38IU (5.27%), Iron: 0.88mg (4.91%), Selenium: 3.24µg (4.64%), Calcium: 31.33mg (3.13%)