



California Club Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado peeled thinly sliced
- 24 slices oscar mayer deli oven roasted turkey breast fresh
- 0.3 cup miracle whip dressing
- 8 slices oscar mayer center cut bacon cooked
- 1 large tomatoes thinly sliced
- 12 slices bread whole wheat toasted

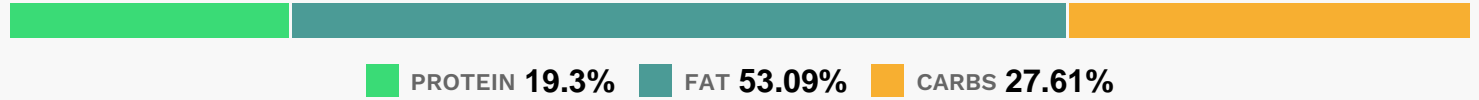
Equipment

- toothpicks

Directions

- Spread 8 toast slices with dressing.
- Cover 4 toast slices, dressing-side up, with turkey and avocados; top with plain toast slice, bacon slices, tomato slices and third toast slice, dressing-side down.
- Cut each sandwich into 4 triangles; secure each triangle with toothpick.

Nutrition Facts



Properties

Glycemic Index:14.77, Glycemic Load:9.02, Inflammation Score:-4, Nutrition Score:11.592608801697%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 274.45kcal (13.72%), Fat: 16.32g (25.11%), Saturated Fat: 4.71g (29.43%), Carbohydrates: 19.1g (6.37%), Net Carbohydrates: 15.4g (5.6%), Sugar: 2.97g (3.3%), Cholesterol: 34.27mg (11.42%), Sodium: 691.05mg (30.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.35g (26.71%), Manganese: 0.78mg (38.81%), Vitamin B3: 5.71mg (28.57%), Selenium: 18.34µg (26.2%), Phosphorus: 201.86mg (20.19%), Vitamin B6: 0.34mg (17.18%), Vitamin B1: 0.24mg (16.33%), Fiber: 3.7g (14.81%), Magnesium: 44.65mg (11.16%), Potassium: 388.45mg (11.1%), Vitamin B5: 0.97mg (9.67%), Folate: 35.14µg (8.78%), Zinc: 1.24mg (8.25%), Vitamin K: 8.28µg (7.89%), Vitamin B2: 0.13mg (7.6%), Copper: 0.14mg (7.14%), Iron: 1.26mg (6.99%), Calcium: 63.99mg (6.4%), Vitamin E: 0.91mg (6.08%), Vitamin C: 4.5mg (5.46%), Vitamin A: 199.61IU (3.99%), Vitamin B12: 0.18µg (3.07%)