



 **86%**
HEALTH SCORE

California Club Turkey Sandwich

 Very Healthy

READY IN



10 min.

SERVINGS



1

CALORIES



1044 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

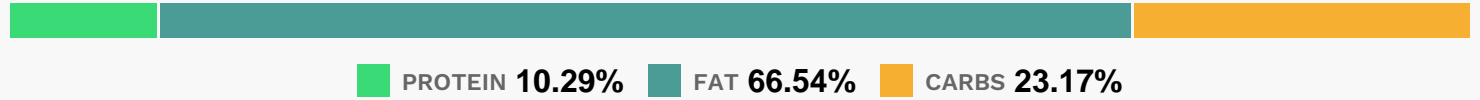
- 3 slices avocado
- 1 tablespoon cream cheese to taste
- 1 teaspoon mayonnaise
- 1 tablespoon sunflower seeds
- 3 slices turkey smoked to taste
- 2 slices bread whole wheat toasted

Equipment

Directions

- Spread cream cheese on one piece of toast.
- Sprinkle sunflower seeds over the cream cheese and place avocado slices over the seeds.
- Spread mayonnaise on the other piece of toast. Arrange turkey slices over the mayonnaise.
Put turkey side of sandwich together with the avocado side of the sandwich.

Nutrition Facts



Properties

Glycemic Index:206.7, Glycemic Load:18.14, Inflammation Score:-9, Nutrition Score:54.179565377857%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg, Epicatechin: 1.62mg Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg, Epigallocatechin 3-gallate: 0.66mg

Nutrients (% of daily need)

Calories: 1043.96kcal (52.2%), Fat: 82.08g (126.28%), Saturated Fat: 14.25g (89.07%), Carbohydrates: 64.32g (21.44%), Net Carbohydrates: 30.75g (11.18%), Sugar: 6.22g (6.91%), Cholesterol: 49.3mg (16.43%), Sodium: 405.78mg (17.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.57g (57.13%), Fiber: 33.57g (134.26%), Folate: 405.71µg (101.43%), Manganese: 2.02mg (101%), Vitamin K: 103.17µg (98.26%), Vitamin E: 13.18mg (87.89%), Vitamin B6: 1.66mg (83.19%), Vitamin B3: 14.44mg (72.22%), Vitamin B5: 7.04mg (70.42%), Potassium: 2451.32mg (70.04%), Copper: 1.18mg (58.87%), Magnesium: 215.43mg (53.86%), Vitamin C: 43.94mg (53.26%), Phosphorus: 512.64mg (51.26%), Vitamin B2: 0.82mg (48.04%), Selenium: 32.59µg (46.56%), Vitamin B1: 0.69mg (45.74%), Zinc: 5.18mg (34.55%), Iron: 4.79mg (26.59%), Vitamin A: 869.14IU (17.38%), Calcium: 171.06mg (17.11%), Vitamin B12: 0.6µg (9.92%)