



California Combo

READY IN



10 min.

SERVINGS



10

CALORIES



113 kcal

SIDE DISH

Ingredients

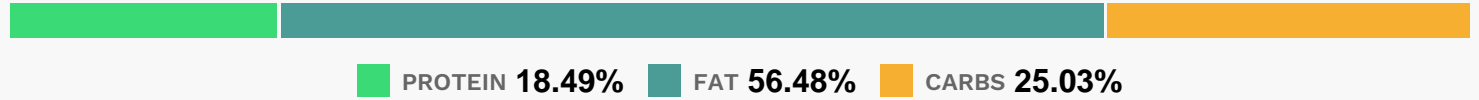
- 0.5 avocado peeled sliced
- 4 slices oscar mayer bacon fully cooked
- 10 slices oscar mayer deli turkey breast smoked fresh
- 2 Tbsp miracle whip dressing
- 2 slices muenster cheese
- 1 tomatoes cut into 4 slices
- 4 slices bread whole wheat

Equipment

Directions

- Spread bread slices with dressing.
- Fill with remaining ingredients to make 2 sandwiches.

Nutrition Facts



Properties

Glycemic Index:17.47, Glycemic Load:3.11, Inflammation Score:-2, Nutrition Score:4.499130392852%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg 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: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 113.45kcal (5.67%), Fat: 7.21g (11.1%), Saturated Fat: 2.57g (16.09%), Carbohydrates: 7.19g (2.4%), Net Carbohydrates: 5.64g (2.05%), Sugar: 1.41g (1.57%), Cholesterol: 14.03mg (4.68%), Sodium: 265.72mg (11.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.63%), Manganese: 0.27mg (13.44%), Phosphorus: 89.52mg (8.95%), Selenium: 5.51µg (7.87%), Calcium: 62.36mg (6.24%), Fiber: 1.55g (6.21%), Vitamin B3: 1.1mg (5.52%), Vitamin B1: 0.08mg (5.34%), Magnesium: 17.62mg (4.4%), Vitamin B6: 0.09mg (4.32%), Potassium: 148.79mg (4.25%), Zinc: 0.61mg (4.08%), Vitamin K: 4.1µg (3.9%), Copper: 0.08mg (3.85%), Folate: 15.36µg (3.84%), Vitamin A: 179.6IU (3.59%), Vitamin B2: 0.06mg (3.47%), Vitamin C: 2.69mg (3.26%), Iron: 0.53mg (2.93%), Vitamin B5: 0.29mg (2.87%), Vitamin E: 0.39mg (2.58%), Vitamin B12: 0.13µg (2.11%)