



## California Sun Turkey Sandwich

READY IN



10 min.

SERVINGS



2

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

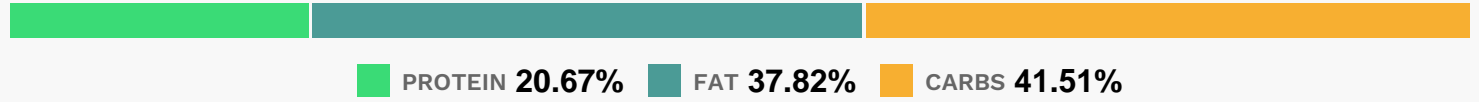
- 8 basil leaves fresh
- 1 tsp lemon zest
- 2 Tbsp mayo with olive oil reduced fat mayonnaise kraft
- 4 slices grain bread light whole toasted
- 2 slim cut swiss cheese kraft
- 12 slices oscar mayer selects natural slow roasted turkey breast

### Equipment

## Directions

- Mix mayo and zest until blended; spread onto toast slices.
- Fill with remaining ingredients to make 2 sandwiches.

## Nutrition Facts



## Properties

Glycemic Index:83.35, Glycemic Load:14.56, Inflammation Score:-4, Nutrition Score:13.006956604836%

## Nutrients (% of daily need)

Calories: 249.27kcal (12.46%), Fat: 10.48g (16.12%), Saturated Fat: 4.01g (25.03%), Carbohydrates: 25.88g (8.63%), Net Carbohydrates: 22.38g (8.14%), Sugar: 3.02g (3.35%), Cholesterol: 21.29mg (7.1%), Sodium: 411.71mg (17.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.89g (25.78%), Manganese: 1.22mg (60.81%), Selenium: 21.3µg (30.43%), Calcium: 248.43mg (24.84%), Phosphorus: 233.58mg (23.36%), Vitamin K: 18.76µg (17.87%), Vitamin B3: 3.11mg (15.53%), Vitamin B1: 0.23mg (15%), Fiber: 3.49g (13.97%), Magnesium: 51.68mg (12.92%), Zinc: 1.83mg (12.21%), Vitamin B6: 0.18mg (9.19%), Vitamin B12: 0.55µg (9.19%), Vitamin B2: 0.16mg (9.13%), Iron: 1.57mg (8.7%), Copper: 0.15mg (7.37%), Folate: 27.25µg (6.81%), Vitamin B5: 0.52mg (5.18%), Potassium: 177.25mg (5.06%), Vitamin E: 0.73mg (4.87%), Vitamin A: 238.68IU (4.77%), Vitamin C: 1.58mg (1.91%)