



Checkerboard Turkey Sandwich

READY IN



5 min.

SERVINGS



5

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

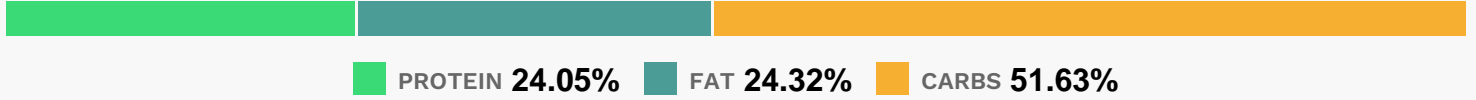
- 1 Tbsp philadelphia cream cheese spread
- 3 slices oscar mayer deli oven roasted turkey breast fresh
- 3 slices tomatoes
- 1 slice bread white
- 1 slice bread whole wheat

Equipment

Directions

- Spread wheat bread with cream cheese spread; top with turkey, tomatoes and white bread.
- Cut sandwich into 3 horizontal strips, then 3 vertical strips to make 9 squares. Turn 4 or 5 of the squares upside down.
- Arrange squares on plate, alternating colors as needed to resemble a checkerboard.

Nutrition Facts



Properties

Glycemic Index:36.49, Glycemic Load:3.37, Inflammation Score:-2, Nutrition Score:2.6208695628397%

Flavonoids

Naringenin: 0.11mg, 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: 45.63kcal (2.28%), Fat: 1.24g (1.9%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 5.91g (1.97%), Net Carbohydrates: 5.27g (1.92%), Sugar: 1.09g (1.21%), Cholesterol: 5.66mg (1.89%), Sodium: 138.87mg (6.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.51%), Manganese: 0.17mg (8.46%), Vitamin B3: 1.23mg (6.17%), Selenium: 3.56µg (5.08%), Phosphorus: 39.91mg (3.99%), Vitamin B1: 0.06mg (3.78%), Vitamin A: 166.21IU (3.32%), Vitamin B6: 0.06mg (3.08%), Folate: 10.84µg (2.71%), Vitamin C: 2.22mg (2.69%), Calcium: 25.93mg (2.59%), Fiber: 0.65g (2.58%), Potassium: 84.16mg (2.4%), Magnesium: 9.32mg (2.33%), Iron: 0.38mg (2.13%), Vitamin B2: 0.03mg (1.73%), Vitamin K: 1.73µg (1.64%), Vitamin B5: 0.15mg (1.5%), Copper: 0.03mg (1.49%), Zinc: 0.21mg (1.38%), Vitamin E: 0.15mg (1.01%)