



Cheese & Turkey Baguette

READY IN



5 min.

SERVINGS



1

CALORIES



185 kcal

Ingredients

- 0.3 cup baby spinach leaves
- 1 piece bread baguette split french (3 inch)
- 6 slices oscar mayer deli oven roasted turkey breast fresh
- 1 Tbsp mayo with olive oil reduced fat mayonnaise kraft
- 1 slim cut mozzarella cheese kraft

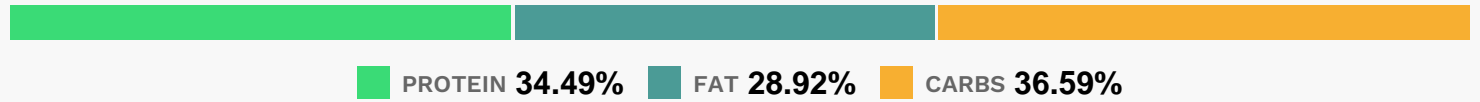
Equipment

Directions

- Spread mayo onto cut sides of baguette.

Fill with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:117.67, Glycemic Load:7.19, Inflammation Score:-6, Nutrition Score:12.274347792501%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 185.32kcal (9.27%), Fat: 5.97g (9.18%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 16.99g (5.66%), Net Carbohydrates: 15.7g (5.71%), Sugar: 2.68g (2.98%), Cholesterol: 39.75mg (13.25%), Sodium: 1002.02mg (43.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.01g (32.02%), Vitamin K: 45.14µg (42.99%), Vitamin B3: 8.15mg (40.73%), Selenium: 18.18µg (25.97%), Phosphorus: 230.48mg (23.05%), Manganese: 0.42mg (20.91%), Vitamin B6: 0.37mg (18.34%), Vitamin A: 726.88IU (14.54%), Folate: 44.02µg (11.01%), Vitamin B1: 0.16mg (10.46%), Potassium: 345.63mg (9.88%), Vitamin B5: 0.95mg (9.46%), Magnesium: 36.6mg (9.15%), Iron: 1.52mg (8.42%), Vitamin B2: 0.14mg (8.16%), Calcium: 56.24mg (5.62%), Fiber: 1.28g (5.14%), Vitamin E: 0.74mg (4.96%), Zinc: 0.74mg (4.91%), Copper: 0.07mg (3.42%), Vitamin C: 2.16mg (2.62%), Vitamin B12: 0.12µg (2.06%)