



Classic Turkey and Cheese Sandwich

READY IN



10 min.

SERVINGS



1

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

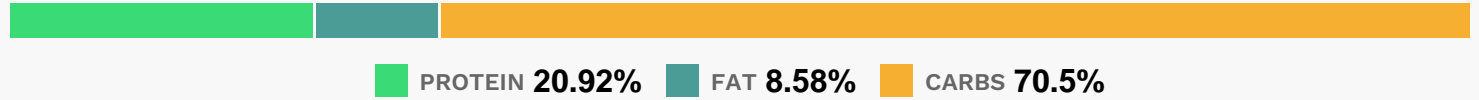
- 6 slices oscar mayer deli turkey breast smoked fresh
- 1 romaine leaves
- 1 milk singles 2% kraft
- 1 Tbsp miracle whip dressing light
- 2 slices sourdough bread
- 2 slices tomatoes thin

Equipment

Directions

- Spread 1 bread slice with dressing.
- Fill bread slices with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:118.5, Glycemic Load:51.23, Inflammation Score:-9, Nutrition Score:19.427825786497%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 406.38kcal (20.32%), Fat: 3.89g (5.98%), Saturated Fat: 0.88g (5.53%), Carbohydrates: 71.92g (23.97%), Net Carbohydrates: 68.53g (24.92%), Sugar: 8.72g (9.69%), Cholesterol: 16.88mg (5.63%), Sodium: 1476.09mg (64.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.35g (42.69%), Vitamin B1: 0.93mg (62.26%), Selenium: 36.78µg (52.54%), Folate: 166.91µg (41.73%), Manganese: 0.75mg (37.26%), Vitamin A: 1805.68IU (36.11%), Vitamin B2: 0.57mg (33.69%), Iron: 5.78mg (32.1%), Vitamin B3: 6.28mg (31.39%), Phosphorus: 254.92mg (25.49%), Copper: 0.32mg (15.79%), Magnesium: 57.37mg (14.34%), Fiber: 3.38g (13.54%), Zinc: 1.8mg (12%), Potassium: 308.7mg (8.82%), Calcium: 82.84mg (8.28%), Vitamin B6: 0.16mg (8.15%), Vitamin C: 4.6mg (5.57%), Vitamin B5: 0.43mg (4.33%), Vitamin E: 0.35mg (2.35%), Vitamin K: 1.06µg (1.01%)