



Classic Turkey Sandwich

READY IN



5 min.

SERVINGS



1

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices oscar mayer deli oven roasted turkey breast fresh
- 1 romaine leaves
- 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:23.185217757588%

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: 436.12kcal (21.81%), Fat: 4.87g (7.5%), Saturated Fat: 1.18g (7.37%), Carbohydrates: 71.81g (23.94%), Net Carbohydrates: 68.43g (24.88%), Sugar: 8.39g (9.33%), Cholesterol: 38.16mg (12.72%), Sodium: 1645.06mg (71.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.64g (53.28%), Selenium: 46.26µg (66.08%), Vitamin B1: 0.97mg (64.54%), Vitamin B3: 12.8mg (64%), Folate: 171.9µg (42.97%), Manganese: 0.76mg (38.04%), Vitamin B2: 0.62mg (36.59%), Vitamin A: 1811.14IU (36.22%), Phosphorus: 327.68mg (32.77%), Iron: 5.53mg (30.7%), Vitamin B6: 0.48mg (24.15%), Magnesium: 63.02mg (15.76%), Fiber: 3.38g (13.54%), Potassium: 468.1mg (13.37%), Zinc: 1.75mg (11.67%), Vitamin B5: 1.13mg (11.31%), Copper: 0.21mg (10.51%), Calcium: 84.28mg (8.43%), Vitamin C: 4.59mg (5.57%), Vitamin E: 0.58mg (3.88%), Vitamin B12: 0.1µg (1.68%)