



## Club Sandwiches

READY IN



15 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

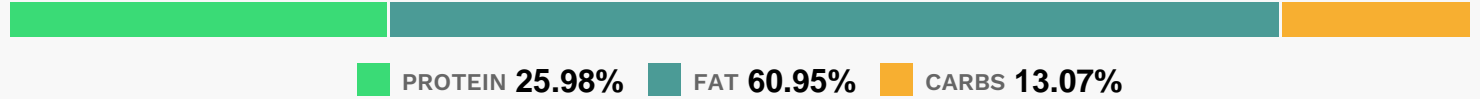
- 4 leaf lettuce leaves green
- 3 ounce sharp cheddar cheese fat-free
- 0.3 cup thousand island dressing fat-free
- 8 slices tomatoes
- 4 slices at least of turkey bacon cooked cut in half
- 4 ounces turkey breast cooked thinly sliced
- 1 ounce bread whole wheat toasted

## Equipment

## Directions

- Spread 1 tablespoon dressing over one side of each of 4 bread slices. Arrange lettuce and remaining 4 ingredients evenly over dressing on slices; top with remaining bread slices.
- Cut each sandwich into 4 triangles. Secure sandwiches with wooden picks.

## Nutrition Facts



## Properties

Glycemic Index:33.67, Glycemic Load:2.52, Inflammation Score:-6, Nutrition Score:11.358695719553%

## Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

## Nutrients (% of daily need)

Calories: 255.95kcal (12.8%), Fat: 17.45g (26.85%), Saturated Fat: 6.19g (38.67%), Carbohydrates: 8.42g (2.81%), Net Carbohydrates: 7.21g (2.62%), Sugar: 4.2g (4.67%), Cholesterol: 54.35mg (18.12%), Sodium: 702.54mg (30.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.74g (33.47%), Phosphorus: 261.18mg (26.12%), Selenium: 18.13µg (25.9%), Vitamin B3: 4.02mg (20.11%), Vitamin B1: 0.3mg (19.82%), Calcium: 175.52mg (17.55%), Vitamin K: 18.38µg (17.5%), Vitamin B6: 0.34mg (16.93%), Vitamin A: 775.77IU (15.52%), Zinc: 1.83mg (12.21%), Vitamin B2: 0.2mg (11.79%), Manganese: 0.23mg (11.29%), Vitamin C: 7.49mg (9.08%), Potassium: 304.63mg (8.7%), Vitamin E: 1.28mg (8.52%), Vitamin B12: 0.45µg (7.57%), Magnesium: 29.67mg (7.42%), Iron: 1mg (5.57%), Fiber: 1.21g (4.84%), Folate: 19.17µg (4.79%), Copper: 0.09mg (4.55%), Vitamin B5: 0.41mg (4.06%), Vitamin D: 0.21µg (1.41%)