



Clubhouse Sandwich

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

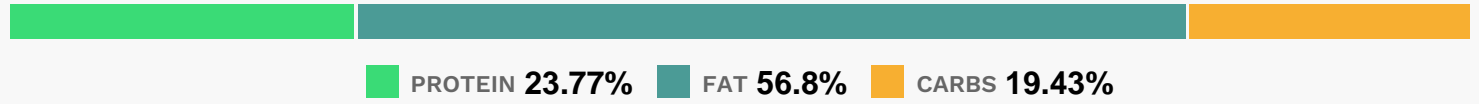
- 2 Tbsp garlic aioli kraft
- 4 slices oscar mayer bacon fully cooked
- 6 slices oscar mayer deli ham smoked fresh
- 6 slices oscar mayer deli oven roasted turkey breast fresh
- 2 lettuce leaves
- 4 slices grain bread whole toasted
- 1 tomatoes cut into 4 slices

Equipment

Directions

- Heat bacon as directed on package.
- Spread toast slices with aioli.
- Fill with bacon and remaining ingredients to make 2 sandwiches.

Nutrition Facts



Properties

Glycemic Index:10.77, Glycemic Load:3.02, Inflammation Score:-4, Nutrition Score:5.3452173989752%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg 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: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 129.02kcal (6.45%), Fat: 7.99g (12.29%), Saturated Fat: 2.49g (15.55%), Carbohydrates: 6.15g (2.05%), Net Carbohydrates: 5.28g (1.92%), Sugar: 0.92g (1.02%), Cholesterol: 20.83mg (6.94%), Sodium: 410.32mg (17.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.04%), Manganese: 0.27mg (13.62%), Selenium: 9.45µg (13.5%), Vitamin B1: 0.18mg (12.12%), Vitamin B3: 2.34mg (11.72%), Phosphorus: 95.22mg (9.52%), Vitamin A: 462.09IU (9.24%), Vitamin B6: 0.16mg (7.91%), Zinc: 0.76mg (5.05%), Potassium: 157.85mg (4.51%), Vitamin B2: 0.08mg (4.42%), Magnesium: 16.72mg (4.18%), Fiber: 0.87g (3.47%), Iron: 0.57mg (3.19%), Vitamin C: 2.55mg (3.09%), Vitamin B5: 0.28mg (2.84%), Vitamin B12: 0.16µg (2.69%), Copper: 0.05mg (2.58%), Calcium: 23.62mg (2.36%), Folate: 9.38µg (2.35%), Vitamin K: 1.85µg (1.76%), Vitamin E: 0.26mg (1.75%), Vitamin D: 0.16µg (1.07%)