



Country Turkey Sandwiches

READY IN



10 min.

SERVINGS



6

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

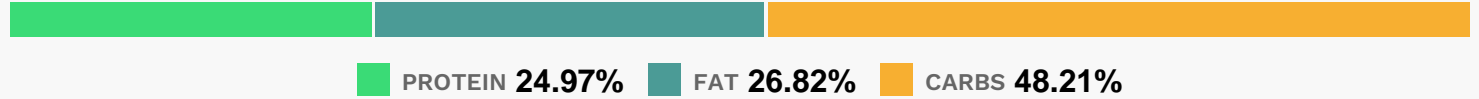
- 9 oz oscar mayer deli oven roasted turkey breast fresh
- 0.5 tsp garlic powder
- 6 leaf lettuce leaves
- 6 milk singles 2% kraft
- 0.5 tsp pepper
- 0.5 cup mayo reduced fat mayonnaise light kraft
- 1 tomatoes cut into 6 slices
- 12 slices bread whole wheat

Equipment

Directions

- Mix mayo and seasonings until blended; spread onto bread slices.
- Fill with remaining ingredients to make 6 sandwiches.

Nutrition Facts



Properties

Glycemic Index:24.12, Glycemic Load:14.72, Inflammation Score:-5, Nutrition Score:13.611304445111%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 233.95kcal (11.7%), Fat: 6.99g (10.76%), Saturated Fat: 1.32g (8.22%), Carbohydrates: 28.27g (9.42%), Net Carbohydrates: 24.59g (8.94%), Sugar: 4.06g (4.51%), Cholesterol: 24.75mg (8.25%), Sodium: 846.34mg (36.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.64g (29.28%), Manganese: 1.26mg (62.83%), Vitamin B3: 6.47mg (32.33%), Selenium: 20.65µg (29.5%), Phosphorus: 238.27mg (23.83%), Vitamin B1: 0.25mg (16.74%), Vitamin B6: 0.33mg (16.66%), Vitamin K: 16.29µg (15.51%), Fiber: 3.68g (14.73%), Magnesium: 57.53mg (14.38%), Potassium: 356.1mg (10.17%), Calcium: 101.63mg (10.16%), Iron: 1.72mg (9.56%), Zinc: 1.27mg (8.45%), Vitamin B5: 0.84mg (8.36%), Folate: 30.9µg (7.72%), Copper: 0.15mg (7.72%), Vitamin B2: 0.13mg (7.68%), Vitamin E: 0.96mg (6.43%), Vitamin A: 265.31IU (5.31%), Vitamin C: 2.99mg (3.63%), Vitamin B12: 0.06µg (1.08%)