



DELI DELUXE Club Sandwich

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 slices oscar mayer bacon cooked
- 3 slices bread toasted
- 10 servings lettuce leaves
- 1 Tbsp real mayo mayonnaise kraft
- 1 deli deluxe process american cheese cut in half kraft
- 2 slices tomatoes
- 2 slices oscar mayer oven roasted turkey breast

Equipment

Directions

- Spread 2 toast slices with mayo.
- Cover 1 toast slice with 1 process cheese slice half, 1 turkey slice, 1 tomato slice, 1 bacon slice and lettuce; top with second toast slice. Repeat layers.
- Cut into quarters.

Nutrition Facts

PROTEIN 15.55% **FAT 53.2%** **CARBS 31.25%**

Properties

Glycemic Index:17.37, Glycemic Load:2.22, Inflammation Score:-8, Nutrition Score:4.683478227776%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 65.46kcal (3.27%), Fat: 3.88g (5.97%), Saturated Fat: 1.2g (7.5%), Carbohydrates: 5.13g (1.71%), Net Carbohydrates: 4.49g (1.63%), Sugar: 0.94g (1.04%), Cholesterol: 6.81mg (2.27%), Sodium: 144.42mg (6.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.11%), Vitamin A: 1844.7IU (36.89%), Manganese: 0.18mg (9.01%), Vitamin C: 5.08mg (6.15%), Selenium: 4.22µg (6.03%), Vitamin B3: 0.99mg (4.97%), Vitamin B1: 0.07mg (4.95%), Phosphorus: 45.35mg (4.53%), Folate: 17.48µg (4.37%), Calcium: 42.22mg (4.22%), Vitamin B2: 0.06mg (3.33%), Iron: 0.58mg (3.2%), Vitamin B6: 0.06mg (3.06%), Vitamin K: 3.14µg (2.99%), Potassium: 91.6mg (2.62%), Fiber: 0.64g (2.56%), Magnesium: 8.87mg (2.22%), Zinc: 0.26mg (1.75%), Vitamin E: 0.21mg (1.37%), Vitamin B5: 0.13mg (1.32%)