



Festive Turkey Sandwich

 Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices oscar mayer deli oven roasted turkey breast fresh
- 1 slice grain bread whole toasted
- 0.3 cup stove top stuffing mix hot prepared for chicken
- 1 Tbsp berry cranberry sauce whole

Equipment

Directions

Top toast with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:13.94, Glycemic Load:1.45, Inflammation Score:-1, Nutrition Score:3.6947825996448%

Flavonoids

Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 78.77kcal (3.94%), Fat: 0.87g (1.34%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 13.06g (4.35%), Net Carbohydrates: 12.31g (4.48%), Sugar: 2.29g (2.54%), Cholesterol: 7.46mg (2.49%), Sodium: 339.87mg (14.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.05%), Selenium: 9.04µg (12.91%), Vitamin B3: 2.24mg (11.19%), Manganese: 0.19mg (9.74%), Vitamin B1: 0.1mg (6.65%), Phosphorus: 65.68mg (6.57%), Folate: 23.26µg (5.82%), Vitamin B6: 0.09mg (4.73%), Vitamin B2: 0.07mg (4%), Iron: 0.66mg (3.68%), Magnesium: 12.85mg (3.21%), Fiber: 0.75g (2.99%), Potassium: 95.78mg (2.74%), Vitamin B5: 0.23mg (2.26%), Calcium: 22.28mg (2.23%), Copper: 0.04mg (2.22%), Zinc: 0.28mg (1.89%)