



Garden Herb Turkey Sandwich

READY IN



5 min.

SERVINGS



1

CALORIES



266 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp carrots shredded
- 6 slices cucumber thin
- 0.3 tsp dill weed
- 1 romaine leaves
- 1 Tbsp real mayo mayonnaise kraft
- 1 slim cut mozzarella cheese kraft
- 6 slices oscar mayer natural applewood turkey breast smoked
- 2 slices bread whole wheat

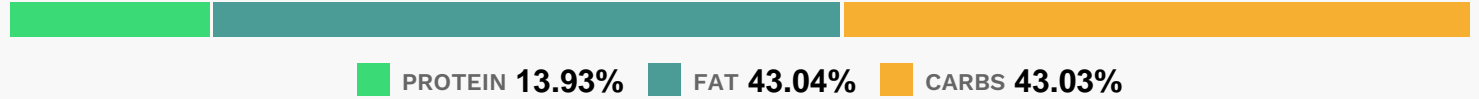
Equipment

Directions

Spread bread slices with mayo; sprinkle with dill weed.

Fill with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:223.53, Glycemic Load:15.57, Inflammation Score:-10, Nutrition Score:18.117826109347%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 266.09kcal (13.3%), Fat: 12.77g (19.65%), Saturated Fat: 2.19g (13.68%), Carbohydrates: 28.74g (9.58%), Net Carbohydrates: 24g (8.73%), Sugar: 4.8g (5.34%), Cholesterol: 9.83mg (3.28%), Sodium: 386.54mg (16.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.3g (18.6%), Vitamin A: 6839.54IU (136.79%), Manganese: 1.34mg (67.16%), Vitamin K: 33.87µg (32.26%), Selenium: 16.51µg (23.59%), Fiber: 4.73g (18.94%), Vitamin B1: 0.28mg (18.63%), Vitamin B3: 3.48mg (17.42%), Phosphorus: 165.61mg (16.56%), Magnesium: 56.73mg (14.18%), Vitamin B6: 0.26mg (12.79%), Calcium: 122.75mg (12.27%), Folate: 45.44µg (11.36%), Iron: 1.9mg (10.55%), Potassium: 357.9mg (10.23%), Vitamin B2: 0.16mg (9.36%), Vitamin C: 7.46mg (9.04%), Copper: 0.18mg (8.79%), Zinc: 1.31mg (8.7%), Vitamin E: 1.04mg (6.95%), Vitamin B5: 0.64mg (6.39%), Vitamin B12: 0.08µg (1.29%)