



Garden-Lover's Turkey Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp mayo with olive oil cracked pepper reduced fat mayonnaise kraft
- 0.5 cup grilled portobello mushrooms sliced
- 2 roasted pepper strips red
- 1 whole-grain sandwich bun thin
- 1 big swiss cheese kraft
- 2 oz oscar mayer carving board oven roasted turkey breast

Equipment

Directions

- Spread cut sides of bun with mayo.
- Fill with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.987826085285%

Nutrients (% of daily need)

Calories: 34.55kcal (1.73%), Fat: 1.23g (1.89%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 3.78g (1.26%), Net Carbohydrates: 3.5g (1.27%), Sugar: 0.3g (0.33%), Cholesterol: 4.7mg (1.57%), Sodium: 205.82mg (8.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.33%), Selenium: 4.35µg (6.21%), Vitamin B3: 0.99mg (4.95%), Vitamin C: 3.44mg (4.17%), Phosphorus: 36.36mg (3.64%), Calcium: 24.42mg (2.44%), Vitamin B6: 0.05mg (2.4%), Vitamin B1: 0.03mg (2.31%), Vitamin B2: 0.04mg (2.13%), Manganese: 0.04mg (2.12%), Folate: 8.41µg (2.1%), Copper: 0.03mg (1.67%), Iron: 0.29mg (1.59%), Potassium: 54.66mg (1.56%), Vitamin B5: 0.14mg (1.39%), Zinc: 0.19mg (1.29%), Magnesium: 4.42mg (1.1%), Fiber: 0.28g (1.1%), Vitamin A: 54.08IU (1.08%), Vitamin B12: 0.06µg (1.02%)