



Garden-Style Club Sandwich

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

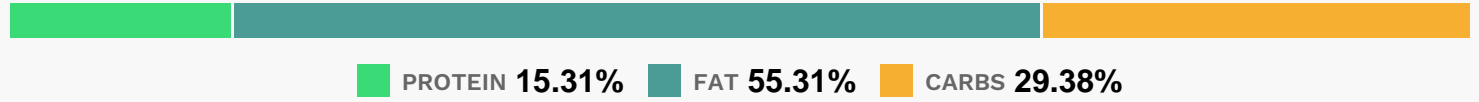
- 4 slices oscar mayer natural uncured bacon smoked cooked
- 0.3 cup cucumbers sliced
- 2 lettuce leaves
- 2 Tbsp mayo with olive oil reduced fat mayonnaise kraft
- 2 large slices tomatoes
- 12 slices oscar mayer selects natural slow roasted turkey breast
- 4 slices bread whole wheat toasted

Equipment

Directions

- Spread toast slices with mayo.
- Fill with remaining ingredients to make 2 sandwiches.

Nutrition Facts



Properties

Glycemic Index:12.27, Glycemic Load:2.91, Inflammation Score:-3, Nutrition Score:3.1095652107311%

Nutrients (% of daily need)

Calories: 74.18kcal (3.71%), Fat: 4.54g (6.98%), Saturated Fat: 1.35g (8.45%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 4.68g (1.7%), Sugar: 0.69g (0.77%), Cholesterol: 6.9mg (2.3%), Sodium: 135.7mg (5.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.65%), Manganese: 0.26mg (12.87%), Vitamin A: 365.24IU (7.3%), Selenium: 5.04µg (7.19%), Vitamin B1: 0.07mg (4.97%), Vitamin B3: 0.99mg (4.96%), Phosphorus: 41.81mg (4.18%), Vitamin B6: 0.06mg (3.18%), Fiber: 0.75g (2.98%), Magnesium: 11.08mg (2.77%), Vitamin K: 2.63µg (2.51%), Zinc: 0.33mg (2.23%), Iron: 0.38mg (2.13%), Calcium: 21.25mg (2.12%), Vitamin B2: 0.03mg (1.95%), Potassium: 63.5mg (1.81%), Folate: 7.22µg (1.8%), Copper: 0.03mg (1.63%), Vitamin B5: 0.14mg (1.45%), Vitamin C: 1mg (1.21%), Vitamin E: 0.18mg (1.18%)