



## Garden-Style TBLT

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



60 kcal

SIDE DISH

### Ingredients

- 8 slices cucumber
- 2 lettuce leaves
- 2 Tbsp philadelphia garden vegetable
- 2 multi-grain sandwich buns thin
- 1 tomatoes cut into 4 slices
- 4 slices oscar mayer selects uncured turkey bacon cooked halved

### Equipment

## Directions

- Spread cut sides of buns with reduced-fat cream cheese.
- Fill with remaining ingredients to make 2 sandwiches.

## Nutrition Facts



## Properties

Glycemic Index:9.8, Glycemic Load:0.26, Inflammation Score:-5, Nutrition Score:3.1630434834439%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 60.29kcal (3.01%), Fat: 2.1g (3.23%), Saturated Fat: 0.54g (3.38%), Carbohydrates: 7.32g (2.44%), Net Carbohydrates: 6.71g (2.44%), Sugar: 0.65g (0.72%), Cholesterol: 5.49mg (1.83%), Sodium: 193.44mg (8.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.15%), Vitamin A: 611.99IU (12.24%), Selenium: 5.95µg (8.5%), Vitamin B1: 0.07mg (4.84%), Manganese: 0.09mg (4.61%), Phosphorus: 44.42mg (4.44%), Folate: 16.64µg (4.16%), Vitamin B3: 0.81mg (4.06%), Vitamin B2: 0.06mg (3.69%), Vitamin C: 3.04mg (3.68%), Iron: 0.61mg (3.38%), Potassium: 86.78mg (2.48%), Fiber: 0.62g (2.46%), Zinc: 0.33mg (2.2%), Vitamin B6: 0.04mg (2.11%), Copper: 0.04mg (2.05%), Magnesium: 8.06mg (2.02%), Vitamin K: 1.84µg (1.75%), Calcium: 15.81mg (1.58%), Vitamin E: 0.19mg (1.25%)