



Garden Turkey Sandwich

READY IN



5 min.

SERVINGS



5

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices cucumber thin
- 6 slices oscar mayer deli oven roasted turkey breast fresh
- 0.3 tsp dill weed
- 1 romaine leaves
- 1 Tbsp miracle whip dressing light
- 1 slice tomatoes
- 2 slices bread white

Equipment

Directions

- Spread bread with dressing; sprinkle with dill weed.
- Fill bread slices with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:28.56, Glycemic Load:3.57, Inflammation Score:-3, Nutrition Score:2.9747826071537%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 46.17kcal (2.31%), Fat: 0.73g (1.13%), Saturated Fat: 0.18g (1.15%), Carbohydrates: 6.31g (2.1%), Net Carbohydrates: 5.87g (2.13%), Sugar: 1.24g (1.38%), Cholesterol: 7.63mg (2.54%), Sodium: 222.96mg (9.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.17%), Vitamin B3: 1.83mg (9.17%), Vitamin A: 408.4IU (8.17%), Selenium: 4.26µg (6.08%), Phosphorus: 52.34mg (5.23%), Vitamin B1: 0.07mg (4.41%), Manganese: 0.09mg (4.35%), Vitamin B6: 0.09mg (4.26%), Folate: 15.53µg (3.88%), Potassium: 94.87mg (2.71%), Iron: 0.47mg (2.59%), Calcium: 25.94mg (2.59%), Vitamin B2: 0.04mg (2.44%), Vitamin C: 1.79mg (2.17%), Vitamin B5: 0.21mg (2.12%), Magnesium: 8.34mg (2.08%), Fiber: 0.44g (1.77%), Zinc: 0.19mg (1.27%), Copper: 0.02mg (1.12%)