



He Came, He Slaw

READY IN



10 min.

SERVINGS



10

CALORIES



20 kcal

SIDE DISH

Ingredients

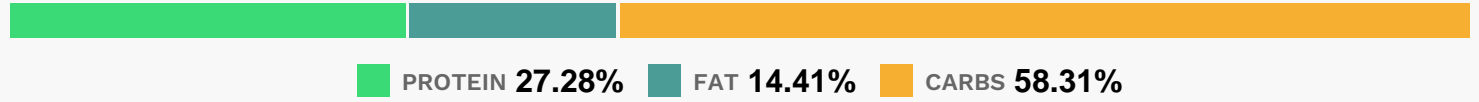
- 1 tsp grey poupon dijon mustard
- 0.5 cup coleslaw blend (cabbage slaw mix)
- 1 singles kraft
- 1 Tbsp miracle whip dressing
- 2 slices multi-grain bread toasted
- 3 slices oscar mayer oven roasted turkey breast

Equipment

Directions

- Combine first 3 ingredients.
- Fill toast slices with turkey, Singles and coleslaw.

Nutrition Facts



Properties

Glycemic Index:14.57, Glycemic Load:1.5, Inflammation Score:-1, Nutrition Score:1.4808695667788%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 20.42kcal (1.02%), Fat: 0.33g (0.51%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 3.01g (1%), Net Carbohydrates: 2.53g (0.92%), Sugar: 0.56g (0.63%), Cholesterol: 2mg (0.67%), Sodium: 82.32mg (3.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.81%), Manganese: 0.13mg (6.4%), Selenium: 2.1µg (3%), Vitamin K: 3.1µg (2.96%), Vitamin B3: 0.59mg (2.93%), Phosphorus: 23.58mg (2.36%), Fiber: 0.48g (1.9%), Vitamin B1: 0.03mg (1.78%), Vitamin B6: 0.03mg (1.64%), Vitamin C: 1.28mg (1.56%), Magnesium: 5.91mg (1.48%), Calcium: 12.05mg (1.2%), Folate: 4.14µg (1.04%), Iron: 0.18mg (1.02%)