



## Hearty Turkey Sandwich

READY IN



45 min.

SERVINGS



45

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 lb round bread loaf
- 9 oz oscar mayer deli oven roasted turkey breast fresh
- 2 Tbsp grey poupon dijon mustard
- 0.3 cup miracle whip dressing
- 0.5 cup cheddar & monterey jack cheeses shredded kraft
- 0.5 onion separated cooked thinly sliced
- 0.8 cup spinach leaves

### Equipment

- oven
- aluminum foil
- serrated knife

## Directions

- Preheat oven to 400F.
- Cut a 1/2-inch-thick slice from top of bread loaf; remove center of loaf, leaving 1-inch-thick shell. Reserve removed bread for another use.
- Spread inside of bread shell and cut-side of top of loaf with dressing and mustard.
- Fill bread shell with layers of turkey, spinach, onions and cheese; cover with top of bread loaf. Wrap in aluminum foil.
- Bake 30 min. or until cheese is melted and sandwich is heated through.
- Let stand 10 min.
- Cut into 4 wedges with serrated knife.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:3.93, Glycemic Load:2.6, Inflammation Score:-1, Nutrition Score:2.1421739161015%

## Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 40.06kcal (2%), Fat: 1.01g (1.55%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 5.35g (1.78%), Net Carbohydrates: 4.86g (1.77%), Sugar: 0.84g (0.93%), Cholesterol: 4.14mg (1.38%), Sodium: 132.55mg (5.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Manganese: 0.13mg (6.52%), Selenium: 4.07µg (5.82%), Vitamin B3: 1.09mg (5.44%), Phosphorus: 34.54mg (3.45%), Vitamin B1: 0.05mg (3.1%), Vitamin K: 2.96µg (2.81%), Folate: 10.44µg (2.61%), Calcium: 23.87mg (2.39%), Iron: 0.42mg (2.35%), Vitamin B2: 0.04mg (2.12%), Vitamin B6: 0.04mg (2.02%), Fiber: 0.49g (1.96%), Magnesium: 6.78mg (1.7%), Vitamin B5: 0.14mg (1.44%), Zinc:

0.18mg (1.2%), Potassium: 41.91mg (1.2%), Vitamin A: 58.73IU (1.17%)