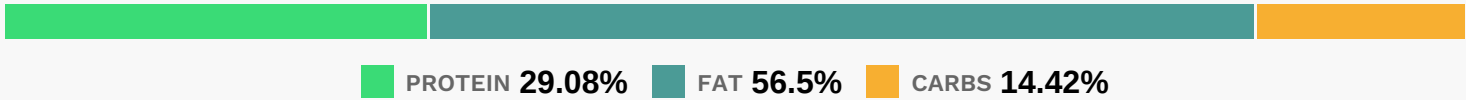




- ☐
- Place the turkey and Cheddar cheese squares into a separate resealable plastic bag.
- ☐
- Place the lettuce and tomato into a third resealable plastic bag.
- ☐
- Serve by stacking turkey, Cheddar cheese, lettuce, and tomato on wheat crackers.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:0.22, Inflammation Score:-3, Nutrition Score:8.3965217626613%

Nutrients (% of daily need)

Calories: 256.81kcal (12.84%), Fat: 16.06g (24.71%), Saturated Fat: 7.58g (47.38%), Carbohydrates: 9.23g (3.08%), Net Carbohydrates: 8.46g (3.08%), Sugar: 1.66g (1.85%), Cholesterol: 66.97mg (22.32%), Sodium: 361.49mg (15.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.6g (37.2%), Selenium: 19.38µg (27.68%), Calcium: 252.62mg (25.26%), Phosphorus: 239.52mg (23.95%), Vitamin B3: 3.51mg (17.56%), Vitamin B12: 0.92µg (15.32%), Vitamin B6: 0.3mg (14.89%), Vitamin B2: 0.23mg (13.8%), Zinc: 2.06mg (13.75%), Vitamin A: 366.33IU (7.33%), Magnesium: 20.63mg (5.16%), Vitamin B5: 0.51mg (5.12%), Iron: 0.73mg (4.05%), Potassium: 128.76mg (3.68%), Fiber: 0.77g (3.07%), Folate: 10.35µg (2.59%), Copper: 0.05mg (2.32%), Vitamin D: 0.34µg (2.28%), Vitamin B1: 0.03mg (2.12%), Vitamin E: 0.3mg (1.97%)