



Kick'n Turkey Sandwich

 Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

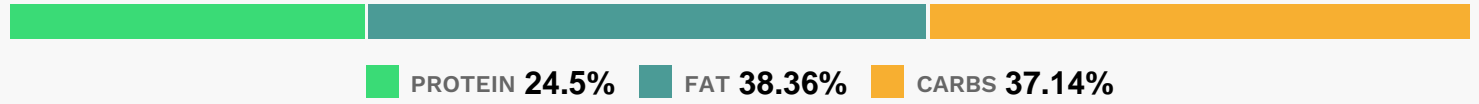
- 1 Tbsp chipotle aioli kraft
- 5 slices oscar mayer deli oven roasted turkey breast fresh
- 1 romaine leaves
- 1 deli deluxe process american cheese kraft
- 1 tomatoes
- 2 slices bread whole wheat toasted

Equipment

Directions

- Spread 1 toast slice with aioli.
- Top with lettuce, tomato, turkey and cheese.
- Cover with remaining toast slice.

Nutrition Facts



Properties

Glycemic Index:134.7, Glycemic Load:15.95, Inflammation Score:-9, Nutrition Score:23.24565243721%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 370.02kcal (18.5%), Fat: 15.63g (24.04%), Saturated Fat: 5.51g (34.43%), Carbohydrates: 34.04g (11.35%), Net Carbohydrates: 28.96g (10.53%), Sugar: 6.87g (7.63%), Cholesterol: 56.27mg (18.76%), Sodium: 1364.45mg (59.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.46g (44.92%), Manganese: 1.43mg (71.48%), Vitamin A: 3007.08IU (60.14%), Phosphorus: 444.01mg (44.4%), Vitamin B3: 8.76mg (43.8%), Selenium: 26.75µg (38.22%), Calcium: 338.27mg (33.83%), Vitamin B6: 0.52mg (26.08%), Vitamin C: 21.17mg (25.66%), Vitamin B1: 0.32mg (21.36%), Potassium: 721.79mg (20.62%), Fiber: 5.08g (20.3%), Magnesium: 80.83mg (20.21%), Folate: 56.97µg (14.24%), Vitamin K: 14.63µg (13.93%), Zinc: 2.07mg (13.81%), Vitamin B2: 0.23mg (13.65%), Iron: 2.35mg (13.04%), Vitamin B5: 1.16mg (11.63%), Copper: 0.22mg (11.04%), Vitamin E: 1.4mg (9.32%), Vitamin B12: 0.4µg (6.65%), Vitamin D: 0.19µg (1.24%)