



## Lunch box Sub Sandwich

READY IN



5 min.

SERVINGS



5

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

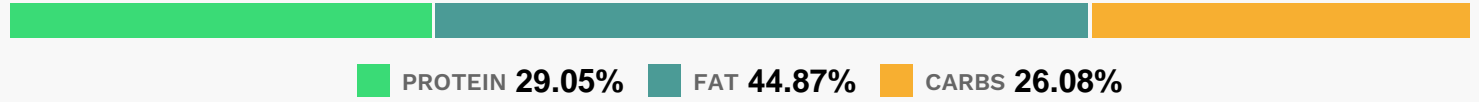
- 2 slices cucumber
- 2 slices oscar mayer deli bold brown sugar ham fresh
- 3 slices oscar mayer deli oven roasted turkey breast fresh
- 1 singles kraft
- 1 tsp real mayo mayonnaise kraft
- 1 hot dog bun whole wheat

## Equipment

## Directions

- Spread bun with mayo.
- Fill with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:13, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.7878260800372%

## Nutrients (% of daily need)

Calories: 62.7kcal (3.13%), Fat: 3.13g (4.81%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 4.09g (1.36%), Net Carbohydrates: 3.75g (1.36%), Sugar: 0.64g (0.71%), Cholesterol: 10.98mg (3.66%), Sodium: 253.77mg (11.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.11%), Selenium: 6.22µg (8.88%), Vitamin B3: 1.53mg (7.66%), Vitamin B1: 0.11mg (7.4%), Phosphorus: 55.44mg (5.54%), Manganese: 0.09mg (4.58%), Vitamin B6: 0.08mg (4.2%), Vitamin B2: 0.06mg (3.39%), Folate: 10.71µg (2.68%), Zinc: 0.4mg (2.65%), Iron: 0.47mg (2.61%), Potassium: 75.99mg (2.17%), Magnesium: 8.08mg (2.02%), Vitamin B5: 0.17mg (1.71%), Vitamin K: 1.77µg (1.68%), Copper: 0.03mg (1.56%), Vitamin B12: 0.08µg (1.39%), Fiber: 0.34g (1.37%), Calcium: 11.53mg (1.15%)