



## Mediterranean Turkey Club

 Vegetarian  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



37 kcal

SIDE DISH

### Ingredients

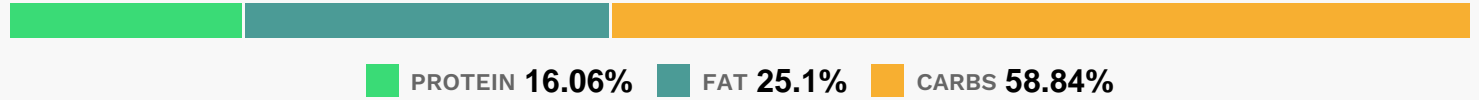
- 2 slices oscar mayer honey turkey smoked white
- 4 clausen kosher dill sandwich
- 4 slices grain bread whole
- 2 Tbsp mayo reduced fat mayonnaise light kraft
- 1 roasted pepper red cut in half
- 1 cup spinach leaves ( 20 leaves)

### Equipment

## Directions

- Spread mayo onto 2 of the bread slices; top with spinach, turkey, pickles and red peppers.
- Cover with remaining bread slices.

## Nutrition Facts



## Properties

Glycemic Index:15.4, Glycemic Load:3, Inflammation Score:-3, Nutrition Score:3.3273913264275%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 37.41kcal (1.87%), Fat: 1.05g (1.62%), Saturated Fat: 0.18g (1.15%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 4.75g (1.73%), Sugar: 0.81g (0.9%), Cholesterol: 0.45mg (0.15%), Sodium: 149.21mg (6.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.03%), Vitamin K: 17.34µg (16.51%), Manganese: 0.27mg (13.68%), Vitamin A: 307.97IU (6.16%), Selenium: 3.01µg (4.29%), Vitamin B1: 0.05mg (3.24%), Fiber: 0.81g (3.24%), Vitamin C: 2.62mg (3.18%), Magnesium: 11.66mg (2.91%), Folate: 11.46µg (2.86%), Vitamin B3: 0.54mg (2.71%), Phosphorus: 26.83mg (2.68%), Calcium: 24.43mg (2.44%), Iron: 0.41mg (2.27%), Vitamin B6: 0.04mg (1.88%), Copper: 0.04mg (1.77%), Vitamin B2: 0.03mg (1.59%), Potassium: 54.25mg (1.55%), Zinc: 0.23mg (1.5%), Vitamin E: 0.19mg (1.24%)