



Mini Clubs

READY IN



15 min.

SERVINGS



6

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

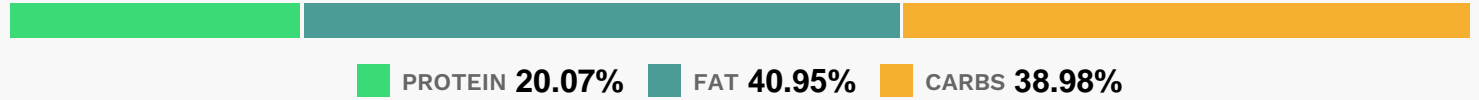
- 9 oz oscar mayer deli oven roasted turkey breast fresh
- 12 oz dinner rolls split (12 rolls)
- 6 lettuce leaves
- 0.3 cup miracle whip dressing
- 3 big sharp cheddar cheese cut into 4 pieces kraft
- 4 slices oscar mayer center cut bacon crumbled cooked
- 1 tomatoes chopped

Equipment

Directions

- Combine tomatoes, bacon and dressing.
- Fill rolls with cheese, turkey, lettuce and tomato mixture.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0.21, Inflammation Score:-8, Nutrition Score:14.803478207277%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 314.8kcal (15.74%), Fat: 14.39g (22.13%), Saturated Fat: 4.45g (27.79%), Carbohydrates: 30.81g (10.27%), Net Carbohydrates: 27.96g (10.17%), Sugar: 3.12g (3.46%), Cholesterol: 38.98mg (12.99%), Sodium: 988.72mg (42.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.86g (31.72%), Selenium: 29.43µg (42.05%), Vitamin A: 1972.77IU (39.46%), Vitamin B3: 7.34mg (36.72%), Manganese: 0.69mg (34.37%), Vitamin B1: 0.36mg (24.26%), Phosphorus: 217.52mg (21.75%), Vitamin B6: 0.34mg (16.85%), Iron: 2.56mg (14.23%), Vitamin B2: 0.23mg (13.8%), Folate: 49.3µg (12.32%), Calcium: 120.53mg (12.05%), Fiber: 2.84g (11.37%), Potassium: 366.55mg (10.47%), Magnesium: 39.86mg (9.96%), Vitamin C: 7.13mg (8.64%), Vitamin B5: 0.77mg (7.75%), Zinc: 1.11mg (7.41%), Copper: 0.12mg (5.79%), Vitamin E: 0.63mg (4.2%), Vitamin B12: 0.18µg (3.08%), Vitamin K: 3.16µg (3.01%)