



My Hero

READY IN



10 min.

SERVINGS



10

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

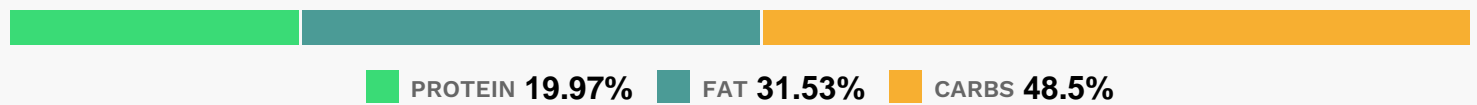
- 8 oz oscar mayer bologna fat free
- 16 oz bread baguette french
- 16 slices oscar mayer deli oven roasted turkey breast fresh
- 1 bell pepper green thinly sliced
- 0.3 cup dressing fat free italian kraft
- 6 singles fat free kraft
- 3 cups lettuce shredded
- 0.5 cup mayo mayonnaise dressing fat free kraft
- 2 tomatoes thinly sliced

Equipment

Directions

- Mix mayo and dressing.
- Remove 1/4 cup; toss with lettuce.
- Brush cut sides of bread with remaining mayo mixture; fill with lettuce mixture and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:16.05, Glycemic Load:18.56, Inflammation Score:-5, Nutrition Score:11.773913088052%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 246.57kcal (12.33%), Fat: 8.69g (13.37%), Saturated Fat: 2.72g (17.01%), Carbohydrates: 30.07g (10.02%), Net Carbohydrates: 28.09g (10.22%), Sugar: 6.46g (7.18%), Cholesterol: 24.54mg (8.18%), Sodium: 849.43mg (36.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.38g (24.77%), Selenium: 21.26µg (30.37%), Vitamin B1: 0.41mg (27.09%), Vitamin B3: 4.74mg (23.68%), Folate: 69.64µg (17.41%), Vitamin C: 13.75mg (16.67%), Manganese: 0.32mg (16%), Vitamin B2: 0.27mg (15.65%), Phosphorus: 153.54mg (15.35%), Vitamin K: 14.56µg (13.86%), Iron: 2.35mg (13.04%), Vitamin B6: 0.26mg (13.03%), Potassium: 315.22mg (9.01%), Zinc: 1.21mg (8.04%), Fiber: 1.98g (7.9%), Vitamin A: 393.27IU (7.87%), Vitamin B12: 0.44µg (7.33%), Magnesium: 29.3mg (7.32%), Calcium: 58.24mg (5.82%), Copper: 0.12mg (5.79%), Vitamin B5: 0.49mg (4.86%), Vitamin E: 0.51mg (3.37%), Vitamin D: 0.2µg (1.34%)