



## My Hero

READY IN



10 min.

SERVINGS



8

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

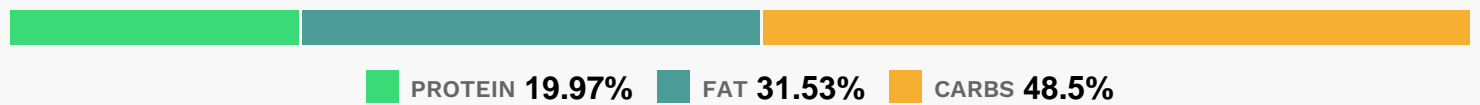
- 8 oz oscar mayer bologna fat free
- 16 oz bread baguette french
- 16 slices oscar mayer deli oven roasted turkey breast fresh
- 1 bell pepper green thinly sliced
- 0.3 cup dressing fat free italian kraft
- 6 singles fat free kraft
- 3 cups lettuce shredded
- 0.5 cup mayo mayonnaise dressing fat free 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:20.06, Glycemic Load:23.2, Inflammation Score:-6, Nutrition Score:14.716086859288%

## Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

## Nutrients (% of daily need)

Calories: 308.21kcal (15.41%), Fat: 10.86g (16.71%), Saturated Fat: 3.4g (21.27%), Carbohydrates: 37.59g (12.53%), Net Carbohydrates: 35.12g (12.77%), Sugar: 8.08g (8.98%), Cholesterol: 30.67mg (10.22%), Sodium: 1061.79mg (46.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.48g (30.96%), Selenium: 26.58µg (37.96%), Vitamin B1: 0.51mg (33.87%), Vitamin B3: 5.92mg (29.59%), Folate: 87.05µg (21.76%), Vitamin C: 17.19mg (20.83%), Manganese: 0.4mg (19.99%), Vitamin B2: 0.33mg (19.56%), Phosphorus: 191.92mg (19.19%), Vitamin K: 18.2µg (17.33%), Iron: 2.93mg (16.3%), Vitamin B6: 0.33mg (16.28%), Potassium: 394.03mg (11.26%), Zinc: 1.51mg (10.05%), Fiber: 2.47g (9.88%), Vitamin A: 491.59IU (9.83%), Vitamin B12: 0.55µg (9.16%), Magnesium: 36.62mg (9.15%), Calcium: 72.8mg (7.28%), Copper: 0.14mg (7.24%), Vitamin B5: 0.61mg (6.08%), Vitamin E: 0.63mg (4.21%), Vitamin D: 0.25µg (1.67%)