



## Napa Valley Turkey Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 Tbsp carrots shredded
- 6 slices oscar mayer deli turkey breast smoked fresh
- 1 romaine leaves
- 1 Tbsp mayo with olive oil reduced fat mayonnaise kraft
- 1 milk singles 2% kraft
- 2 slices multi-grain bread toasted
- 0.3 cup grapes red seedless halved

### Equipment

## Directions

- Combine grapes, carrots and mayo.
- Fill toast slices with turkey, 2% Milk Singles, lettuce and grape mixture.

## Nutrition Facts



## Properties

Glycemic Index:16.25, Glycemic Load:1.84, Inflammation Score:-5, Nutrition Score:1.9826086789532%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 25.83kcal (1.29%), Fat: 0.56g (0.86%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 3.81g (1.27%), Net Carbohydrates: 3.33g (1.21%), Sugar: 1.13g (1.26%), Cholesterol: 1.77mg (0.59%), Sodium: 96.86mg (4.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (2.99%), Vitamin A: 682.62IU (13.65%), Manganese: 0.13mg (6.69%), Phosphorus: 25.81mg (2.58%), Selenium: 1.5µg (2.15%), Vitamin K: 2.14µg (2.03%), Vitamin B1: 0.03mg (1.94%), Fiber: 0.48g (1.91%), Magnesium: 6.58mg (1.65%), Copper: 0.03mg (1.55%), Vitamin B3: 0.29mg (1.47%), Iron: 0.24mg (1.35%), Potassium: 45.88mg (1.31%), Calcium: 12.09mg (1.21%), Vitamin B6: 0.02mg (1.1%), Zinc: 0.16mg (1.04%)