



Orchard Harvest Turkey Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

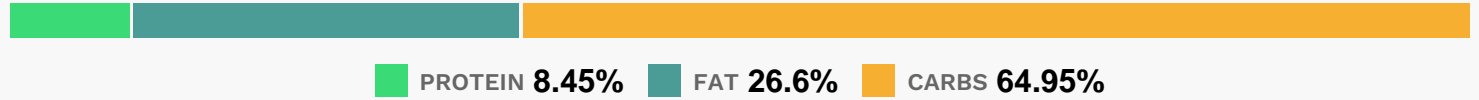
- 2 slices oscar mayer natural uncured bacon smoked cooked
- 1 big colby jack cheese kraft
- 6 slices apples i use 2 granny smith apples
- 1 Tbsp miracle whip dressing
- 2 slices multi-grain bread
- 4 slices oscar mayer selects natural slow roasted turkey breast

Equipment

Directions

- Spread 1 bread slice with dressing.
- Fill bread slices with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:3.83, Inflammation Score:-1, Nutrition Score:2.2443478194916%

Flavonoids

Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 4.92mg, Epicatechin: 4.92mg, Epicatechin: 4.92mg, Epicatechin: 4.92mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 68.72kcal (3.44%), Fat: 2.14g (3.29%), Saturated Fat: 0.68g (4.22%), Carbohydrates: 11.75g (3.92%), Net Carbohydrates: 9.81g (3.57%), Sugar: 7.21g (8.02%), Cholesterol: 3.36mg (1.12%), Sodium: 69.02mg (3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.05%), Fiber: 1.94g (7.74%), Manganese: 0.14mg (7.15%), Vitamin C: 3.01mg (3.65%), Selenium: 2.43µg (3.48%), Vitamin B1: 0.05mg (3.02%), Potassium: 94.57mg (2.7%), Phosphorus: 26.88mg (2.69%), Vitamin B6: 0.05mg (2.69%), Vitamin B3: 0.52mg (2.62%), Magnesium: 8.24mg (2.06%), Vitamin B2: 0.03mg (1.81%), Vitamin K: 1.88µg (1.79%), Copper: 0.03mg (1.62%), Calcium: 14.11mg (1.41%), Iron: 0.24mg (1.36%), Zinc: 0.18mg (1.23%), Vitamin E: 0.17mg (1.12%), Folate: 4.36µg (1.09%), Vitamin B5: 0.11mg (1.06%)