



HEALTH SCORE

100%

## Overstuffed Turkey, Avocado & Spinach Sandwich with Lemon

 Dairy Free  Very Healthy

READY IN



10 min.

SERVINGS



1

CALORIES



315 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 avocado
- 2 slices bread whole
- 1 serving pkt spinach
- 1 serving deli- turkey sliced
- 1 serving onion red sliced
- 1 serving juice of lemon fresh

### Equipment

## Directions

- Remove avocado flesh from avocado half; spread on one side of each slice of bread. Top 1 slice with spinach, turkey and onion; drizzle with lemon juice. Cover with remaining slice of bread, avocado side down.

## Nutrition Facts



## Properties

Glycemic Index:168.7, Glycemic Load:15.37, Inflammation Score:-10, Nutrition Score:27.083912945555%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

## Nutrients (% of daily need)

Calories: 314.7kcal (15.73%), Fat: 16.95g (26.08%), Saturated Fat: 2.58g (16.16%), Carbohydrates: 34.95g (11.65%), Net Carbohydrates: 24.13g (8.78%), Sugar: 3.69g (4.1%), Cholesterol: 0.49mg (0.16%), Sodium: 291.9mg (12.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.97g (19.93%), Vitamin K: 170.38µg (162.26%), Manganese: 1.61mg (80.53%), Vitamin A: 2962.43IU (59.25%), Fiber: 10.82g (43.26%), Folate: 166.35µg (41.59%), Vitamin C: 24.36mg (29.53%), Magnesium: 97.15mg (24.29%), Potassium: 815.45mg (23.3%), Vitamin B3: 4.53mg (22.67%), Vitamin B6: 0.45mg (22.5%), Selenium: 15.3µg (21.86%), Vitamin B1: 0.31mg (20.94%), Vitamin E: 3.02mg (20.11%), Phosphorus: 189.66mg (18.97%), Vitamin B5: 1.82mg (18.24%), Copper: 0.36mg (17.98%), Vitamin B2: 0.28mg (16.72%), Iron: 2.82mg (15.65%), Calcium: 134.31mg (13.43%), Zinc: 1.81mg (12.04%)