



Pick-a-Pepper Turkey Sandwich

READY IN



5 min.

SERVINGS



1

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

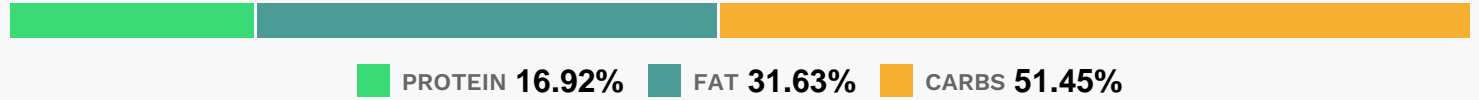
- 1 big jalapeño cheese kraft
- 4 slices cucumber
- 5 slices oscar mayer deli bold cracked pepper turkey breast fresh black
- 1 piece lettuce
- 1 Tbsp mayo & spicy mayonnaise hot kraft flavored
- 1 kaiser roll split

Equipment

Directions

- Spread cut sides of roll with mayo.
- Fill with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:197, Glycemic Load:26.12, Inflammation Score:-9, Nutrition Score:21.959999801024%

Flavonoids

Apigenin: 0.7mg, Apigenin: 0.7mg, Apigenin: 0.7mg, Apigenin: 0.7mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 7.65mg, Quercetin: 7.65mg, Quercetin: 7.65mg

Nutrients (% of daily need)

Calories: 383.58kcal (19.18%), Fat: 13.94g (21.45%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 51.03g (17.01%), Net Carbohydrates: 43.31g (15.75%), Sugar: 16.1g (17.89%), Cholesterol: 19.6mg (6.53%), Sodium: 917.95mg (39.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.78g (33.56%), Vitamin K: 154.43µg (147.08%), Iron: 13.4mg (74.42%), Vitamin A: 2744.93IU (54.9%), Folate: 161.13µg (40.28%), Manganese: 0.7mg (34.76%), Fiber: 7.73g (30.92%), Potassium: 883.6mg (25.25%), Phosphorus: 213.96mg (21.4%), Vitamin C: 15.99mg (19.38%), Vitamin B1: 0.23mg (15.42%), Magnesium: 52.3mg (13.07%), Copper: 0.26mg (12.88%), Vitamin B6: 0.24mg (12.12%), Calcium: 119.9mg (11.99%), Vitamin E: 1.44mg (9.59%), Vitamin B2: 0.15mg (8.75%), Zinc: 1.26mg (8.38%), Vitamin B5: 0.59mg (5.86%), Vitamin B3: 0.67mg (3.37%), Selenium: 1.17µg (1.67%)