



## Picnic Basket Turkey Sandwich

READY IN



10 min.

SERVINGS



1

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

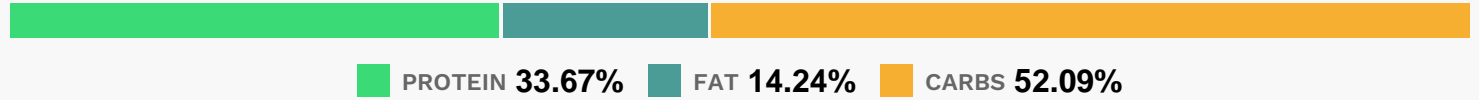
- 1 tsp grey poupon harvest coarse ground mustard
- 6 slices oscar mayer deli oven roasted turkey breast fresh
- 2 lettuce leaves
- 2 slices multi-grain bread toasted
- 2 slices onion red thin
- 1 slim cut sharp cheddar cheese kraft
- 2 slices tomatoes

### Equipment

## Directions

- Spread 1 toast slice with mustard.
- Fill toast slices with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:193.7, Glycemic Load:15.63, Inflammation Score:-10, Nutrition Score:22.300869231639%

## Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg

## Nutrients (% of daily need)

Calories: 248.05kcal (12.4%), Fat: 3.97g (6.11%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 32.68g (10.89%), Net Carbohydrates: 27.5g (10%), Sugar: 6.17g (6.86%), Cholesterol: 37.72mg (12.57%), Sodium: 1072.4mg (46.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.12g (42.25%), Vitamin A: 4026.03IU (80.52%), Manganese: 1.47mg (73.7%), Vitamin B3: 9.58mg (47.89%), Selenium: 26.36µg (37.66%), Phosphorus: 348.74mg (34.87%), Vitamin B6: 0.57mg (28.51%), Vitamin B1: 0.34mg (22.94%), Vitamin C: 18.13mg (21.98%), Fiber: 5.18g (20.72%), Magnesium: 79.49mg (19.87%), Potassium: 669.45mg (19.13%), Folate: 60.78µg (15.19%), Calcium: 138.54mg (13.85%), Iron: 2.43mg (13.51%), Vitamin B2: 0.22mg (12.8%), Vitamin B5: 1.19mg (11.88%), Zinc: 1.66mg (11.05%), Copper: 0.19mg (9.39%), Vitamin K: 8.85µg (8.42%), Vitamin E: 1mg (6.66%), Vitamin B12: 0.11µg (1.86%)