



Quickest Club Sandwich

READY IN



5 min.

SERVINGS



5

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

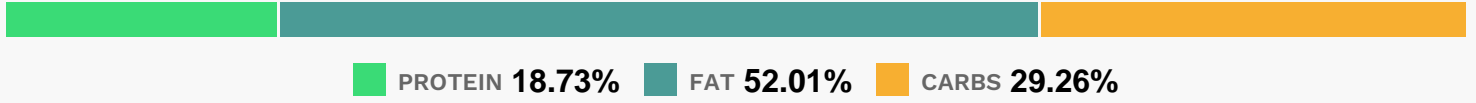
- 2 slices oscar mayer bacon fully cooked cut in half
- 3 slices oscar mayer deli oven roasted turkey breast fresh
- 1 hawaiian rolls
- 1 romaine leaves
- 2 tsp miracle whip dressing

Equipment

Directions

- Spread bun with dressing.
- Fill with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:2.58, Inflammation Score:-3, Nutrition Score:2.4978260799595%

Nutrients (% of daily need)

Calories: 70.15kcal (3.51%), Fat: 4.02g (6.18%), Saturated Fat: 1.3g (8.09%), Carbohydrates: 5.09g (1.7%), Net Carbohydrates: 4.84g (1.76%), Sugar: 0.93g (1.04%), Cholesterol: 9.66mg (3.22%), Sodium: 192mg (8.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.51%), Selenium: 5.09µg (7.27%), Vitamin A: 360.76IU (7.22%), Vitamin B3: 1.38mg (6.92%), Vitamin B1: 0.08mg (5.28%), Phosphorus: 41.35mg (4.14%), Vitamin B6: 0.07mg (3.28%), Manganese: 0.06mg (3.23%), Folate: 10.41µg (2.6%), Vitamin B2: 0.04mg (2.5%), Iron: 0.4mg (2.25%), Potassium: 64.13mg (1.83%), Calcium: 15.46mg (1.55%), Zinc: 0.21mg (1.42%), Magnesium: 5.53mg (1.38%), Vitamin B5: 0.12mg (1.19%), Vitamin B12: 0.07µg (1.19%), Vitamin C: 0.98mg (1.18%)