



Roast Turkey Cobb Sandwich

 Popular

READY IN



15 min.

SERVINGS



1

CALORIES



660 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 avocado sliced
- ☐ 2 slices bacon
- ☐ 1 tablespoon cheese blue
- ☐ 2 slices bread lightly toasted (optionally)
- ☐ 1 eggs
- ☐ 0.3 cup lettuce
- ☐ 1 tablespoon mayo
- ☐ 2 ounces roast turkey

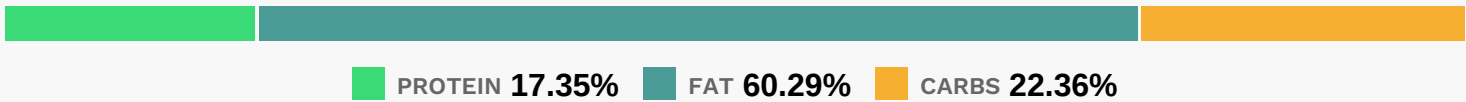
2 slices tomatoes

Equipment

Directions

Cook the bacon, fry the egg, assemble the sandwich and enjoy!

Nutrition Facts



Properties

Glycemic Index:245.67, Glycemic Load:15.4, Inflammation Score:-7, Nutrition Score:24.557391374008%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 660.02kcal (33%), Fat: 44.58g (68.59%), Saturated Fat: 11.77g (73.56%), Carbohydrates: 37.2g (12.4%), Net Carbohydrates: 30.73g (11.17%), Sugar: 6.56g (7.29%), Cholesterol: 221.99mg (74%), Sodium: 1471.91mg (64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.87g (57.74%), Selenium: 40.04µg (57.19%), Vitamin K: 45.02µg (42.88%), Phosphorus: 426.98mg (42.7%), Manganese: 0.84mg (42.09%), Folate: 125.52µg (31.38%), Vitamin B3: 6.22mg (31.11%), Vitamin B1: 0.43mg (28.91%), Vitamin B2: 0.49mg (28.67%), Fiber: 6.47g (25.88%), Iron: 4.14mg (23.02%), Vitamin B5: 2.29mg (22.85%), Vitamin B6: 0.45mg (22.33%), Potassium: 760.83mg (21.74%), Copper: 0.41mg (20.6%), Zinc: 2.8mg (18.7%), Vitamin A: 931.06IU (18.62%), Magnesium: 72.35mg (18.09%), Vitamin E: 2.6mg (17.32%), Vitamin C: 13.04mg (15.8%), Calcium: 155.83mg (15.58%), Vitamin B12: 0.71µg (11.9%), Vitamin D: 1.12µg (7.46%)