



Santa Fe Turkey Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

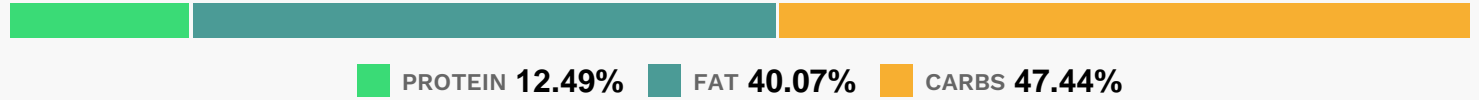
- 1 Tbsp chipotle aioli kraft
- 0.3 avocado thinly sliced
- 1 big colby jack cheese kraft
- 1 romaine leaves
- 2 slices grain bread whole toasted
- 1 onion red thin
- 6 slices oscar mayer selects natural slow roasted turkey breast

Equipment

Directions

- Spread toast slices with aioli.
- Fill with remaining ingredients to make sandwich.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:1.71, Inflammation Score:-2, Nutrition Score:1.907826077436%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 34.56kcal (1.73%), Fat: 1.55g (2.39%), Saturated Fat: 0.27g (1.67%), Carbohydrates: 4.13g (1.38%), Net Carbohydrates: 3.25g (1.18%), Sugar: 0.77g (0.86%), Cholesterol: 0.89mg (0.3%), Sodium: 41.57mg (1.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.17%), Manganese: 0.15mg (7.41%), Vitamin A: 186.53IU (3.73%), Fiber: 0.88g (3.53%), Selenium: 1.68µg (2.41%), Folate: 9.48µg (2.37%), Vitamin B6: 0.05mg (2.27%), Vitamin B1: 0.03mg (2.2%), Vitamin C: 1.75mg (2.12%), Vitamin B3: 0.42mg (2.09%), Phosphorus: 20.24mg (2.02%), Magnesium: 7.36mg (1.84%), Potassium: 60.67mg (1.73%), Vitamin K: 1.54µg (1.47%), Calcium: 13.89mg (1.39%), Copper: 0.03mg (1.34%), Vitamin B2: 0.02mg (1.32%), Vitamin B5: 0.13mg (1.27%), Iron: 0.22mg (1.22%), Zinc: 0.17mg (1.1%)