



## Savory Turkey Sandwich

 Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

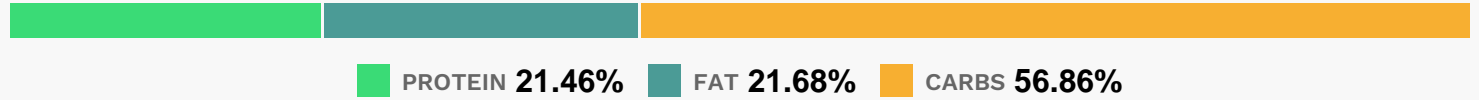
- 12 slices oscar mayer deli bold mesquite turkey breast smoked fresh
- 0.1 tsp basil leaves dried
- 0.1 tsp lemon pepper seasoning
- 0.3 cup pepper strips red thin
- 2 Tbsp mayo reduced fat mayonnaise light kraft
- 2 romaine lettuce leaves
- 2 sandwich rolls whole wheat split

### Equipment

## Directions

- Mix mayo and seasonings until blended; spread onto cut sides of rolls.
- Fill with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:32, Glycemic Load:0.25, Inflammation Score:-9, Nutrition Score:15.302174039509%

## Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

## Nutrients (% of daily need)

Calories: 250.77kcal (12.54%), Fat: 6.04g (9.3%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 35.66g (11.89%), Net Carbohydrates: 33.3g (12.11%), Sugar: 3.44g (3.82%), Cholesterol: 17.6mg (5.87%), Sodium: 1001.1mg (43.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.46g (26.91%), Vitamin A: 3033.08IU (60.66%), Vitamin K: 39.18µg (37.31%), Selenium: 22.79µg (32.56%), Vitamin C: 24.96mg (30.26%), Folate: 101.65µg (25.41%), Vitamin B1: 0.3mg (20.27%), Phosphorus: 184.14mg (18.41%), Manganese: 0.35mg (17.6%), Iron: 2.86mg (15.91%), Vitamin B3: 2.69mg (13.47%), Vitamin B2: 0.23mg (13.38%), Copper: 0.24mg (11.78%), Fiber: 2.35g (9.42%), Magnesium: 35.62mg (8.91%), Potassium: 276.72mg (7.91%), Calcium: 73.33mg (7.33%), Zinc: 1.08mg (7.18%), Vitamin E: 0.89mg (5.92%), Vitamin B6: 0.1mg (4.83%), Vitamin B5: 0.34mg (3.43%)