



Simple Sub Sandwich

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup lettuce shredded
- 1 multi-grain sandwich roll split (4 inch)
- 1 Tbsp tuscan house dressing italian kraft
- 4 slices oscar mayer oven roasted turkey white shaved

Equipment

Directions

Fill roll with lettuce and turkey.

Drizzle with dressing.

Nutrition Facts

PROTEIN 22.74% **FAT 23.28%** **CARBS 53.98%**

Properties

Glycemic Index:32, Glycemic Load:0.1, Inflammation Score:-4, Nutrition Score:10.891304290813%

Flavonoids

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: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 251.85kcal (12.59%), Fat: 6.47g (9.95%), Saturated Fat: 1.05g (6.58%), Carbohydrates: 33.75g (11.25%), Net Carbohydrates: 32.23g (11.72%), Sugar: 3.31g (3.68%), Cholesterol: 24.48mg (8.16%), Sodium: 952.25mg (41.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.22g (28.43%), Selenium: 28.93µg (41.34%), Vitamin B3: 6.81mg (34.03%), Vitamin B1: 0.31mg (20.39%), Phosphorus: 186.16mg (18.62%), Folate: 62.73µg (15.68%), Manganese: 0.3mg (14.99%), Vitamin B2: 0.23mg (13.54%), Vitamin B6: 0.25mg (12.53%), Vitamin K: 12.91µg (12.3%), Iron: 2.17mg (12.05%), Potassium: 272.09mg (7.77%), Magnesium: 29.86mg (7.47%), Vitamin B5: 0.72mg (7.18%), Calcium: 64.58mg (6.46%), Fiber: 1.53g (6.11%), Copper: 0.11mg (5.49%), Zinc: 0.82mg (5.45%), Vitamin E: 0.75mg (4.98%), Vitamin A: 99.97IU (2%), Vitamin B12: 0.07µg (1.12%)