



Simply Terrific Turkey- BBQ Sandwich

READY IN



5 min.

SERVINGS



1

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 Tbsp honey barbecue sauce sweet kraft
- 6 slices oscar mayer deli oven roasted turkey breast fresh
- 1 romaine leaves
- 1 milk singles 2% kraft
- 1 sandwich roll whole wheat cut in half

Equipment

Directions

Spread roll with barbecue sauce; fill with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:14.417391428481%

Nutrients (% of daily need)

Calories: 270.91kcal (13.55%), Fat: 3.92g (6.03%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 39.85g (13.28%), Net Carbohydrates: 38.14g (13.87%), Sugar: 7.48g (8.31%), Cholesterol: 36.8mg (12.27%), Sodium: 1233.97mg (53.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.58g (37.17%), Selenium: 32.18µg (45.97%), Vitamin B3: 9.14mg (45.69%), Vitamin A: 1822.54IU (36.45%), Phosphorus: 253.32mg (25.33%), Vitamin B1: 0.34mg (22.35%), Vitamin B6: 0.38mg (18.87%), Manganese: 0.37mg (18.58%), Folate: 68.7µg (17.18%), Vitamin B2: 0.28mg (16.35%), Iron: 2.48mg (13.75%), Potassium: 408.16mg (11.66%), Magnesium: 39.55mg (9.89%), Vitamin B5: 0.97mg (9.67%), Calcium: 77.52mg (7.75%), Fiber: 1.7g (6.82%), Zinc: 0.98mg (6.56%), Copper: 0.12mg (5.98%), Vitamin C: 4.42mg (5.36%), Vitamin E: 0.68mg (4.52%), Vitamin B12: 0.11µg (1.77%)