



Smoky Mountain Turkey Sandwich

READY IN



5 min.

SERVINGS



1

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

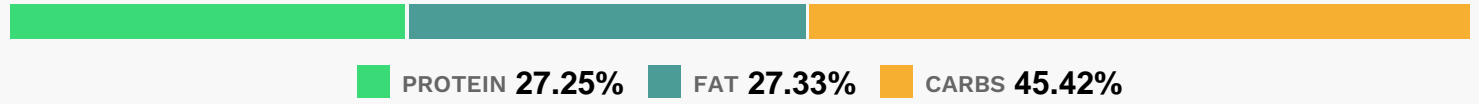
- 6 slices oscar mayer deli honey turkey breast smoked fresh
- 1 romaine leaves
- 0.3 tsp freshly cracked pepper black
- 1 tsp grey poupon spicy brown mustard hearty
- 1 slim cut swiss cheese kraft
- 2 slices tomatoes
- 2 slices bread light white

Equipment

Directions

- Spread 1 bread slice with mustard.
- Top with cheese and turkey; sprinkle with pepper.
- Cover with lettuce, tomatoes and remaining bread slice.

Nutrition Facts



Properties

Glycemic Index:203.78, Glycemic Load:17.7, Inflammation Score:-8, Nutrition Score:12.561739149301%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 250.4kcal (12.52%), Fat: 7.59g (11.68%), Saturated Fat: 3.62g (22.64%), Carbohydrates: 28.39g (9.46%), Net Carbohydrates: 26.63g (9.68%), Sugar: 3.85g (4.28%), Cholesterol: 31.17mg (10.39%), Sodium: 904.03mg (39.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.03g (34.05%), Vitamin A: 1941.51IU (38.83%), Phosphorus: 279.07mg (27.91%), Calcium: 276.29mg (27.63%), Selenium: 18.59µg (26.55%), Manganese: 0.46mg (22.79%), Vitamin B1: 0.29mg (19.34%), Folate: 66.89µg (16.72%), Iron: 2.58mg (14.36%), Vitamin B3: 2.53mg (12.66%), Vitamin B2: 0.2mg (11.77%), Zinc: 1.69mg (11.23%), Copper: 0.2mg (10.08%), Magnesium: 38.67mg (9.67%), Vitamin B12: 0.51µg (8.56%), Fiber: 1.76g (7.02%), Potassium: 234.41mg (6.7%), Vitamin C: 4.61mg (5.59%), Vitamin B6: 0.09mg (4.42%), Vitamin B5: 0.36mg (3.65%), Vitamin E: 0.32mg (2.12%), Vitamin K: 1.39µg (1.32%)