



Tailgate Turkey & Ham Club Sub

READY IN



15 min.

SERVINGS



10

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

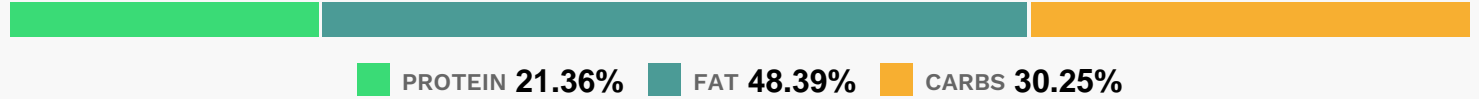
- 10 slices oscar mayer bacon cooked halved
- 1 lb bread baguette split french
- 9 oz oscar mayer deli ham smoked fresh
- 9 oz oscar mayer deli oven roasted turkey breast fresh
- 2 cups lettuce shredded
- 0.5 cup mayo with olive oil reduced fat mayonnaise kraft
- 0.5 cup onions red thinly sliced
- 6 big sharp cheddar cheese halved kraft
- 2 tomatoes thinly sliced

Equipment

Directions

- Spread bread with mayo.
- Fill with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:18.27, Glycemic Load:12.08, Inflammation Score:-5, Nutrition Score:13.531739162362%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 341.78kcal (17.09%), Fat: 18.31g (28.17%), Saturated Fat: 5.43g (33.91%), Carbohydrates: 25.75g (8.58%), Net Carbohydrates: 23.33g (8.49%), Sugar: 4.46g (4.96%), Cholesterol: 45.74mg (15.25%), Sodium: 1025.39mg (44.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.19g (36.38%), Selenium: 27.16µg (38.8%), Vitamin B3: 7.04mg (35.22%), Manganese: 0.61mg (30.47%), Vitamin B1: 0.43mg (28.83%), Phosphorus: 225.9mg (22.59%), Vitamin B6: 0.36mg (17.77%), Vitamin K: 13.7µg (13.04%), Vitamin B2: 0.22mg (12.92%), Folate: 51.07µg (12.77%), Iron: 2.2mg (12.24%), Potassium: 366.56mg (10.47%), Zinc: 1.56mg (10.4%), Fiber: 2.42g (9.67%), Magnesium: 37.62mg (9.4%), Vitamin B5: 0.91mg (9.13%), Calcium: 74.2mg (7.42%), Copper: 0.13mg (6.31%), Vitamin A: 302.56IU (6.05%), Vitamin C: 4.46mg (5.4%), Vitamin B12: 0.32µg (5.26%), Vitamin E: 0.76mg (5.1%), Vitamin D: 0.3µg (1.97%)