



Tangy Raspberry-Turkey Sandwich

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

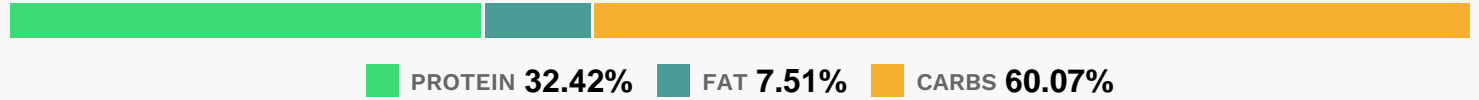
- 12 slices oscar mayer deli oven roasted turkey breast fresh
- 2 squares flat parsley (3 inch)
- 2 tsp grey poupon savory honey mustard
- 2 lettuce leaves
- 4 onion rings red
- 1 tsp raspberry jam seedless

Equipment

Directions

- Mix mustard and jam; spread onto cut sides of bread.
- Fill bread with remaining ingredients to make 2 sandwiches.

Nutrition Facts



Properties

Glycemic Index:17.9, Glycemic Load:1.27, Inflammation Score:-4, Nutrition Score:2.6313043712922%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg, Quercetin: 8.93mg

Nutrients (% of daily need)

Calories: 36.93kcal (1.85%), Fat: 0.31g (0.48%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 4.86g (1.77%), Sugar: 2.56g (2.85%), Cholesterol: 7.34mg (2.45%), Sodium: 157.72mg (6.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Vitamin A: 357.57IU (7.15%), Vitamin B3: 1.38mg (6.9%), Vitamin B6: 0.12mg (6.09%), Phosphorus: 51.49mg (5.15%), Vitamin C: 4.18mg (5.07%), Manganese: 0.08mg (3.78%), Potassium: 126.17mg (3.6%), Fiber: 0.81g (3.23%), Selenium: 2.16µg (3.09%), Folate: 11.32µg (2.83%), Magnesium: 8.85mg (2.21%), Vitamin B1: 0.03mg (2.17%), Vitamin B5: 0.2mg (1.95%), Vitamin B2: 0.03mg (1.63%), Calcium: 13.74mg (1.37%), Iron: 0.2mg (1.1%), Zinc: 0.16mg (1.07%), Copper: 0.02mg (1.05%)