



## Tasty Turkey & Cheese Sandwich

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

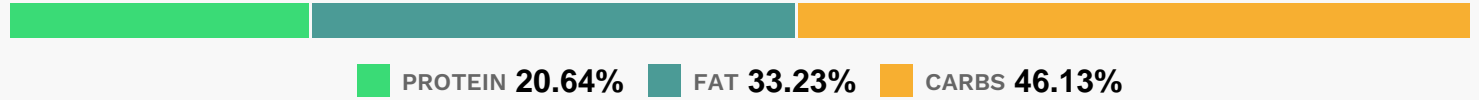
- 6 slices oscar mayer deli turkey breast smoked fresh
- 1 Tbsp basil fresh chopped
- 1 deli deluxe milk process american cheese 2% kraft
- 1 slice onion red thin
- 1 Tbsp mayo reduced fat mayonnaise light kraft
- 2 slices cocktail rye bread
- 2 slices tomatoes thin

### Equipment

## Directions

- Spread bread with mayo; sprinkle with basil.
- Fill bread slices with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:214.33, Glycemic Load:15.33, Inflammation Score:-8, Nutrition Score:16.880869360074%

## Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

## Nutrients (% of daily need)

Calories: 334.08kcal (16.7%), Fat: 12.39g (19.07%), Saturated Fat: 4.8g (29.98%), Carbohydrates: 38.72g (12.91%), Net Carbohydrates: 34.02g (12.37%), Sugar: 6.29g (6.98%), Cholesterol: 38.6mg (12.87%), Sodium: 1428.28mg (62.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.33g (34.65%), Vitamin K: 39.3µg (37.43%), Selenium: 24.47µg (34.96%), Phosphorus: 348.62mg (34.86%), Manganese: 0.69mg (34.44%), Calcium: 292.06mg (29.21%), Folate: 87.68µg (21.92%), Vitamin B1: 0.31mg (20.71%), Vitamin A: 995.16IU (19.9%), Fiber: 4.7g (18.8%), Vitamin B2: 0.28mg (16.61%), Iron: 2.87mg (15.95%), Copper: 0.31mg (15.65%), Vitamin B3: 2.84mg (14.22%), Magnesium: 55.67mg (13.92%), Zinc: 1.84mg (12.28%), Vitamin C: 9.82mg (11.91%), Potassium: 403.7mg (11.53%), Vitamin E: 1.03mg (6.87%), Vitamin B6: 0.13mg (6.47%), Vitamin B12: 0.31µg (5.25%), Vitamin B5: 0.45mg (4.53%)