



Toasted Turkey Caesar Sandwich

READY IN



15 min.

SERVINGS



15

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

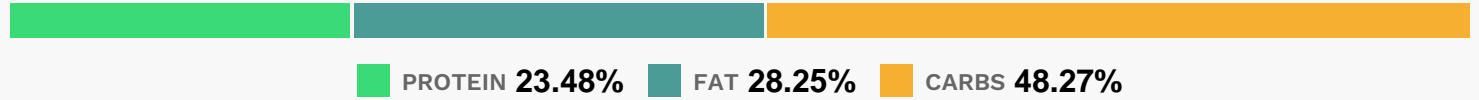
- 2 tsp lite creamy caesar dressing kraft
- 6 slices oscar mayer deli turkey breast smoked fresh
- 2 tsp miracle whip dressing
- 0.5 cup torn salad greens
- 1 swiss singles kraft
- 2 slices tomatoes
- 2 slices bread whole wheat toasted

Equipment

Directions

- Mix dressings; toss with salad greens.
- Fill toast slices with greens mixture and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:9.31, Glycemic Load:1.02, Inflammation Score:-2, Nutrition Score:2.414347824843%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 17.76kcal (0.89%), Fat: 0.57g (0.87%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 2.18g (0.73%), Net Carbohydrates: 1.85g (0.67%), Sugar: 0.44g (0.48%), Cholesterol: 1.34mg (0.45%), Sodium: 75.49mg (3.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Vitamin K: 27.83µg (26.5%), Manganese: 0.1mg (4.89%), Vitamin A: 241.64IU (4.83%), Vitamin C: 1.76mg (2.14%), Phosphorus: 18.35mg (1.84%), Magnesium: 6.89mg (1.72%), Selenium: 1.01µg (1.44%), Fiber: 0.33g (1.34%), Copper: 0.03mg (1.25%), Iron: 0.21mg (1.19%), Vitamin B1: 0.02mg (1.18%), Potassium: 39.36mg (1.12%), Vitamin B3: 0.21mg (1.04%)