



Turkey and Avocado Sandwich

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 small avocado pitted peeled sliced
- 2 Tbsp original barbecue sauce kraft
- 4 lettuce leaves
- 2 Tbsp classic ranch dressing kraft
- 0.3 cup onion red sliced
- 4 slices tomatoes
- 0.5 lb turkey cooked sliced (8 slices)
- 8 slices bread white

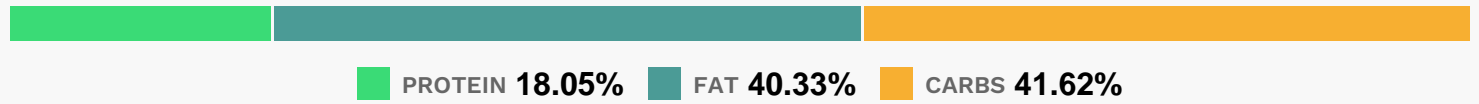
Equipment

bowl

Directions

- Mix barbecue sauce and dressing in small bowl; spread mixture evenly on 1 side of each bread slice.
- Cover each of 4 bread slices with 1 lettuce leaf, 2 turkey slices, 1 tomato slice, 1/4 of the avocado and 1/4 of the onion slices. Top with remaining bread slices.

Nutrition Facts



Properties

Glycemic Index:44.94, Glycemic Load:18.12, Inflammation Score:-9, Nutrition Score:17.026521822681%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 326.81kcal (16.34%), Fat: 14.86g (22.85%), Saturated Fat: 2.6g (16.25%), Carbohydrates: 34.49g (11.5%), Net Carbohydrates: 29.47g (10.72%), Sugar: 6.89g (7.66%), Cholesterol: 30.93mg (10.31%), Sodium: 449.4mg (19.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.96g (29.92%), Vitamin A: 1903.79IU (38.08%), Vitamin B3: 6.49mg (32.47%), Selenium: 20.94µg (29.92%), Folate: 110.66µg (27.67%), Manganese: 0.47mg (23.6%), Vitamin B6: 0.46mg (23.09%), Vitamin B1: 0.34mg (22.57%), Fiber: 5.02g (20.06%), Vitamin K: 20.97µg (19.98%), Phosphorus: 182.05mg (18.2%), Vitamin B2: 0.3mg (17.53%), Iron: 2.62mg (14.55%), Vitamin B5: 1.38mg (13.79%), Potassium: 480.44mg (13.73%), Calcium: 131.9mg (13.19%), Vitamin C: 10.27mg (12.45%), Magnesium: 43.85mg (10.96%), Zinc: 1.57mg (10.48%), Copper: 0.2mg (10.03%), Vitamin E: 1.5mg (10%), Vitamin B12: 0.5µg (8.4%)