



Turkey-Apple Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

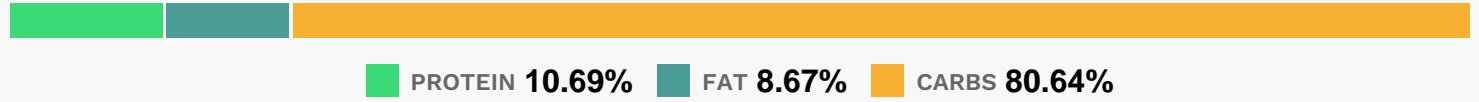
- 6 slices apples thin
- 2 tsp lite catalina dressing kraft
- 6 slices oscar mayer deli turkey breast smoked fresh
- 2 tsp miracle whip dressing
- 1 sharp cheddar singles kraft
- 2 slices bread whole wheat

Equipment

Directions

- Mix dressings; spread onto 1 bread slice.
- Fill bread slices with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:12.87, Glycemic Load:3.83, Inflammation Score:-1, Nutrition Score:2.0634782451974%

Flavonoids

Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg, Cyanidin: 1.03mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 4.92mg, Epicatechin: 4.92mg, Epicatechin: 4.92mg, Epicatechin: 4.92mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 56.41kcal (2.82%), Fat: 0.58g (0.89%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 12.1g (4.03%), Net Carbohydrates: 10.18g (3.7%), Sugar: 7.49g (8.33%), Cholesterol: 1.73mg (0.58%), Sodium: 103.78mg (4.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.21%), Fiber: 1.92g (7.7%), Manganese: 0.14mg (7.12%), Vitamin C: 3.01mg (3.65%), Phosphorus: 30.71mg (3.07%), Potassium: 94.39mg (2.7%), Magnesium: 8.9mg (2.23%), Vitamin B1: 0.03mg (2.2%), Copper: 0.04mg (2.12%), Selenium: 1.47µg (2.1%), Vitamin B6: 0.04mg (1.95%), Vitamin K: 1.88µg (1.79%), Vitamin B2: 0.03mg (1.57%), Iron: 0.28mg (1.54%), Vitamin B3: 0.31mg (1.54%), Calcium: 14.35mg (1.43%), Zinc: 0.17mg (1.13%), Folate: 4.34µg (1.08%)