



Turkey-Berry Sandwich

READY IN



5 min.

SERVINGS



5

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

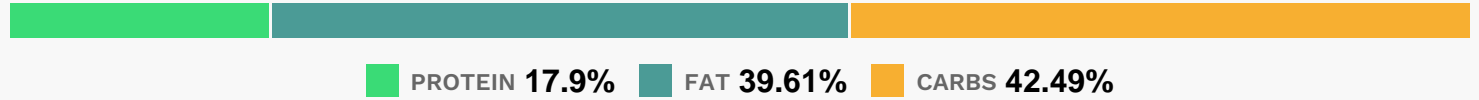
- 1 Tbsp miracle whip dressing
- 0.3 cup baby greens mixed
- 2 slices grain bread whole toasted
- 1 slim cut swiss cheese kraft
- 6 slices oscar mayer natural applewood turkey breast smoked
- 1 Tbsp planters walnuts chopped
- 1 Tbsp berry cranberry sauce whole

Equipment

Directions

- Mix dressing, cranberry sauce and nuts; spread onto toast slices.
- Fill with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:23.34, Glycemic Load:2.94, Inflammation Score:-1, Nutrition Score:2.9760869356763%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 63.88kcal (3.19%), Fat: 2.87g (4.41%), Saturated Fat: 0.85g (5.29%), Carbohydrates: 6.92g (2.31%), Net Carbohydrates: 6.02g (2.19%), Sugar: 1.83g (2.03%), Cholesterol: 4.1mg (1.37%), Sodium: 85.09mg (3.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.83%), Manganese: 0.31mg (15.62%), Selenium: 4.3µg (6.15%), Phosphorus: 54.07mg (5.41%), Calcium: 51.19mg (5.12%), Fiber: 0.9g (3.6%), Vitamin B1: 0.05mg (3.5%), Magnesium: 13.49mg (3.37%), Vitamin B3: 0.65mg (3.27%), Copper: 0.06mg (3.06%), Zinc: 0.43mg (2.85%), Vitamin B6: 0.05mg (2.43%), Iron: 0.38mg (2.14%), Vitamin B2: 0.04mg (2.07%), Folate: 7.82µg (1.96%), Vitamin B12: 0.11µg (1.84%), Potassium: 47.99mg (1.37%), Vitamin B5: 0.11mg (1.15%), Vitamin A: 55.38IU (1.11%)