



Turkey Caesar Sandwich

READY IN



5 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

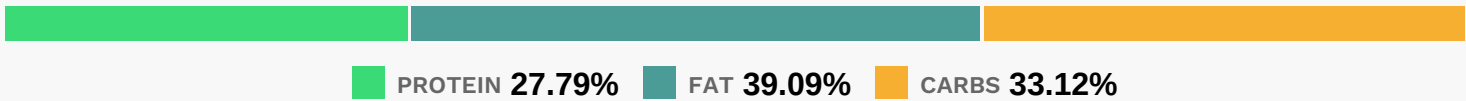
- ☐ 11.3 oz bread frozen prepared sliced cut into 8 slices
- ☐ 1 tsp dijon mustard
- ☐ 1 clove garlic finely chopped
- ☐ 1 Tbsp juice of lemon
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup parmesan cheese grated
- ☐ 4 small the of 1 cos lettuce
- ☐ 2 medium tomatoes sliced
- ☐ 12 ounces turkey gravy leftover sliced

Equipment

Directions

- ☐
- Combine mayonnaise, cheese, lemon juice, mustard and garlic in small bow.
- ☐
- Spread prepared garlic bread with 1/2 of the mayonnaise mixture. Top 4 bread slices with turkey, then spread turkey with remaining Mayonnaise mixture. Top with lettuce, tomato and remaining bread.

Nutrition Facts



Properties

Glycemic Index:52.17, Glycemic Load:21.09, Inflammation Score:-9, Nutrition Score:28.614347592644%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 519.26kcal (25.96%), Fat: 22.38g (34.43%), Saturated Fat: 5.03g (31.43%), Carbohydrates: 42.67g (14.22%), Net Carbohydrates: 38.07g (13.84%), Sugar: 6.72g (7.47%), Cholesterol: 104.02mg (34.67%), Sodium: 682.24mg (29.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.8g (71.59%), Selenium: 51.46µg (73.52%), Vitamin B3: 13.07mg (65.36%), Vitamin A: 3050.2IU (61%), Vitamin K: 60.42µg (57.55%), Manganese: 1.1mg (55.02%), Phosphorus: 361.04mg (36.1%), Vitamin B6: 0.7mg (35.02%), Folate: 124.67µg (31.17%), Vitamin B2: 0.5mg (29.22%), Vitamin B1: 0.42mg (27.78%), Iron: 4.33mg (24.05%), Zinc: 3.42mg (22.78%), Calcium: 185.7mg (18.57%), Fiber: 4.6g (18.38%), Magnesium: 72.23mg (18.06%), Vitamin B12: 0.97µg (16.14%), Vitamin B5: 1.61mg (16.12%), Potassium: 553.65mg (15.82%), Vitamin C: 11.4mg (13.81%), Copper: 0.26mg (12.79%), Vitamin E: 1.08mg (7.21%), Vitamin D: 0.4µg (2.66%)