



Turkey "Club

READY IN



15 min.

SERVINGS



12

CALORIES



59 kcal

SIDE DISH

Ingredients

- 2 Tbsp grey poupon country dijon mustard
- 0.8 cup lettuce chopped
- 1 Tbsp mayo reduced fat mayonnaise light kraft
- 0.8 cup milk mozzarella cheese shredded 2% divided kraft
- 0.3 cup tomatoes chopped
- 6 oz turkey breast cooked chopped
- 24 woven wheat crackers

Equipment

microwave

Directions

- Arrange crackers in single layer on microwaveable plate; top with lettuce.
- Combine turkey, 1/2 cup cheese, mustard and mayo; spoon over lettuce. Top with remaining cheese and tomatoes.
- Microwave on HIGH 10 to 15 sec. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:2.5621739301993%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 58.83kcal (2.94%), Fat: 2.8g (4.3%), Saturated Fat: 1.14g (7.11%), Carbohydrates: 3.49g (1.16%), Net Carbohydrates: 3.02g (1.1%), Sugar: 0.86g (0.96%), Cholesterol: 13.37mg (4.46%), Sodium: 140.18mg (6.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.1%), Selenium: 5.29µg (7.56%), Vitamin B3: 1.46mg (7.29%), Phosphorus: 63mg (6.3%), Vitamin B6: 0.12mg (5.97%), Calcium: 42.6mg (4.26%), Vitamin B12: 0.25µg (4.15%), Zinc: 0.42mg (2.8%), Vitamin B2: 0.04mg (2.58%), Vitamin A: 109.81IU (2.2%), Vitamin K: 2.24µg (2.13%), Fiber: 0.47g (1.87%), Magnesium: 6.94mg (1.73%), Potassium: 59.89mg (1.71%), Iron: 0.27mg (1.51%), Vitamin B5: 0.14mg (1.36%), Manganese: 0.02mg (1.2%)