



Turkey Club Sandwich

READY IN



5 min.

SERVINGS



5

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

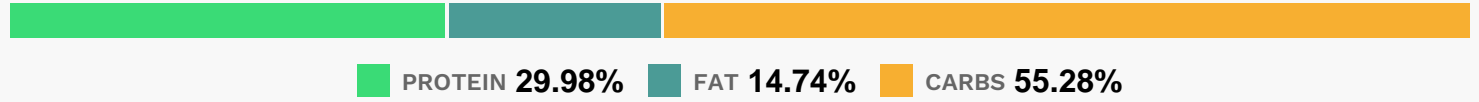
- 6 slices oscar mayer deli turkey breast smoked fresh
- 1 singles kraft
- 1 romaine leaves
- 1 Tbsp miracle whip dressing
- 2 slices multi-grain bread
- 1 tsp oscar mayer real bacon bits
- 2 slices tomatoes thin

Equipment

Directions

- Mix dressing and bacon; spread onto 1 bread slice.
- Fill bread slices with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:21.54, Glycemic Load:2.9, Inflammation Score:-3, Nutrition Score:2.5973912943964%

Nutrients (% of daily need)

Calories: 42.79kcal (2.14%), Fat: 0.7g (1.08%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 5.94g (1.98%), Net Carbohydrates: 5.15g (1.87%), Sugar: 1.06g (1.18%), Cholesterol: 4.39mg (1.46%), Sodium: 215.01mg (9.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Manganese: 0.25mg (12.7%), Vitamin A: 365.6IU (7.31%), Phosphorus: 49.51mg (4.95%), Selenium: 2.92µg (4.17%), Vitamin B1: 0.05mg (3.25%), Fiber: 0.79g (3.14%), Magnesium: 11.88mg (2.97%), Vitamin B3: 0.52mg (2.59%), Copper: 0.05mg (2.48%), Iron: 0.44mg (2.45%), Calcium: 22.7mg (2.27%), Zinc: 0.29mg (1.97%), Potassium: 59.98mg (1.71%), Folate: 6.59µg (1.65%), Vitamin B6: 0.03mg (1.47%), Vitamin B2: 0.02mg (1.41%), Vitamin C: 0.92mg (1.11%)