



Turkey Cobb Sandwiches

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

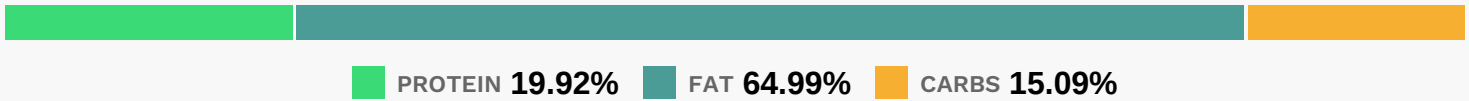
- ☐ 1 avocado peeled sliced
- ☐ 4 slices bacon
- ☐ 6 ounces deli turkey shaved
- ☐ 2 large hardboiled eggs sliced
- ☐ 4 small curly kale leaves green
- ☐ 2 tablespoons mayonnaise reduced-fat
- ☐ 4 slices tomato
- ☐ 1 ounce bread toasted (such as Nature's Own)

Equipment

Directions

- ☐ Spread 1/2 tablespoon mayonnaise evenly over each of 4 bread slices.
- ☐ Layer each evenly with lettuce and remaining ingredients. Top with remaining 4 bread slices.
- ☐ Cut each sandwich in half diagonally.

Nutrition Facts



Properties

Glycemic Index:36.92, Glycemic Load:2.21, Inflammation Score:-7, Nutrition Score:12.586956480275%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 283.63kcal (14.18%), Fat: 20.9g (32.15%), Saturated Fat: 5.2g (32.47%), Carbohydrates: 10.92g (3.64%), Net Carbohydrates: 6.92g (2.52%), Sugar: 2.04g (2.26%), Cholesterol: 122.5mg (40.83%), Sodium: 780.94mg (33.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.41g (28.82%), Vitamin K: 33.29µg (31.7%), Vitamin A: 1298.67IU (25.97%), Phosphorus: 219.99mg (22%), Selenium: 14.42µg (20.6%), Fiber: 3.99g (15.97%), Folate: 60.62µg (15.15%), Vitamin B2: 0.23mg (13.82%), Manganese: 0.27mg (13.47%), Potassium: 456.34mg (13.04%), Vitamin B5: 1.24mg (12.43%), Vitamin B6: 0.25mg (12.36%), Copper: 0.24mg (11.82%), Vitamin E: 1.62mg (10.81%), Vitamin B3: 2.15mg (10.75%), Vitamin B1: 0.15mg (9.98%), Magnesium: 38.79mg (9.7%), Zinc: 1.37mg (9.11%), Iron: 1.45mg (8.08%), Vitamin C: 6.5mg (7.87%), Vitamin B12: 0.39µg (6.46%), Vitamin D: 0.64µg (4.25%), Calcium: 41.6mg (4.16%)