



## Turkey Cranberry Sandwich

READY IN



10 min.

SERVINGS



1

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 slices oscar mayer deli turkey breast smoked fresh
- 1 Tbsp miracle whip dressing
- 1 sharp cheddar singles kraft
- 2 slices bread white
- 1 Tbsp berry cranberry sauce whole

### Equipment

### Directions

- Spread 1 of the bread slices with cranberry sauce; spread remaining bread slice with dressing.
- Top 1 of the bread slices with turkey and Singles; cover with remaining bread slice.

## Nutrition Facts



### Properties

Glycemic Index:101.78, Glycemic Load:17.54, Inflammation Score:-3, Nutrition Score:7.2352173655577%

### Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

### Nutrients (% of daily need)

Calories: 216.69kcal (10.83%), Fat: 2.93g (4.5%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 35.32g (11.77%), Net Carbohydrates: 33.71g (12.26%), Sugar: 9.91g (11.01%), Cholesterol: 17.8mg (5.93%), Sodium: 944.03mg (41.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.31g (24.63%), Phosphorus: 173.84mg (17.38%), Vitamin B1: 0.26mg (17.07%), Selenium: 11.94µg (17.06%), Manganese: 0.31mg (15.26%), Folate: 55.86µg (13.97%), Iron: 2.3mg (12.75%), Vitamin B3: 2.4mg (11.98%), Calcium: 119.26mg (11.93%), Copper: 0.19mg (9.31%), Vitamin B2: 0.13mg (7.5%), Magnesium: 27.03mg (6.76%), Fiber: 1.62g (6.48%), Zinc: 0.89mg (5.96%), Potassium: 169.71mg (4.85%), Vitamin B5: 0.27mg (2.72%), Vitamin B6: 0.05mg (2.44%), Vitamin E: 0.26mg (1.71%)