



## Turkey Crunch Sandwich

READY IN



5 min.

SERVINGS



5

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 slices oscar mayer deli turkey breast smoked fresh
- 0.3 cup granny smith apple wedges thin
- 2 tsp strawberry preserves reduced-sugar
- 2 slices bread whole wheat
- 1 Tbsp philadelphia softened

### Equipment

### Directions

Spread reduced-fat cream cheese onto 1 bread slice; spread preserves onto remaining bread slice.

Fill bread slices with turkey and apples.

## Nutrition Facts

**PROTEIN 20.39%** **FAT 22.4%** **CARBS 57.21%**

### Properties

Glycemic Index:36.74, Glycemic Load:4.29, Inflammation Score:-1, Nutrition Score:2.3608695443558%

### Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

### Nutrients (% of daily need)

Calories: 58.78kcal (2.94%), Fat: 1.48g (2.27%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 7.6g (2.76%), Sugar: 2.99g (3.32%), Cholesterol: 6mg (2%), Sodium: 174.92mg (7.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Manganese: 0.24mg (12.17%), Phosphorus: 50.57mg (5.06%), Selenium: 3.19µg (4.56%), Fiber: 0.9g (3.61%), Vitamin B1: 0.05mg (3.09%), Magnesium: 12.01mg (3%), Copper: 0.05mg (2.74%), Vitamin B3: 0.51mg (2.54%), Iron: 0.42mg (2.33%), Calcium: 23.18mg (2.32%), Zinc: 0.3mg (1.99%), Potassium: 62.58mg (1.79%), Vitamin B2: 0.03mg (1.74%), Vitamin B6: 0.03mg (1.49%), Folate: 5.52µg (1.38%), Vitamin K: 1.12µg (1.06%)