



Turkey Cucumber Dill Sandwiches

READY IN



15 min.

SERVINGS



4

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

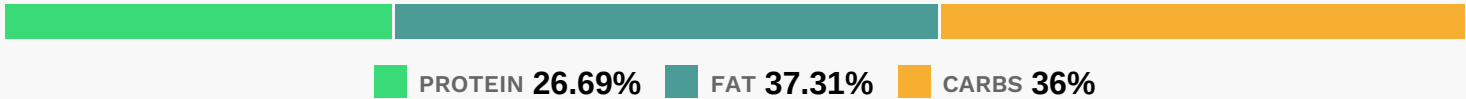
- ☐ 0.3 cup salad dressing
- ☐ 1 tablespoon dill dried
- ☐ 8 slices bread
- ☐ 0.5 pound deli turkey cooked sliced
- ☐ 4 ounce muenster cheese
- ☐ 16 slices cucumber thin
- ☐ 4 romaine leaves

Equipment

Directions

- ☐ Mix mayonnaise and dill weed.
- ☐ Spread on one side of each bread slice.
- ☐ Top 4 slices with turkey, cheese, cucumber and lettuce. Top with remaining bread.

Nutrition Facts



Properties

Glycemic Index:27.92, Glycemic Load:14.63, Inflammation Score:-9, Nutrition Score:17.650434903477%

Nutrients (% of daily need)

Calories: 338.3kcal (16.92%), Fat: 14.07g (21.64%), Saturated Fat: 6.38g (39.87%), Carbohydrates: 30.53g (10.18%), Net Carbohydrates: 26.63g (9.68%), Sugar: 5.96g (6.63%), Cholesterol: 45.36mg (15.12%), Sodium: 1260.57mg (54.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.64g (45.28%), Manganese: 1.32mg (66.22%), Vitamin A: 2134.86IU (42.7%), Phosphorus: 402.05mg (40.21%), Calcium: 328.63mg (32.86%), Selenium: 19.02µg (27.18%), Magnesium: 76.68mg (19.17%), Vitamin B1: 0.26mg (17.43%), Zinc: 2.4mg (16%), Iron: 2.86mg (15.89%), Fiber: 3.9g (15.59%), Copper: 0.3mg (15.17%), Vitamin K: 15.32µg (14.59%), Vitamin B3: 2.66mg (13.28%), Vitamin B2: 0.22mg (12.75%), Potassium: 416.01mg (11.89%), Folate: 39.96µg (9.99%), Vitamin B6: 0.2mg (9.87%), Vitamin B12: 0.42µg (6.95%), Vitamin C: 5.65mg (6.85%), Vitamin E: 0.78mg (5.19%), Vitamin B5: 0.51mg (5.05%), Vitamin D: 0.17µg (1.13%)