



Turkey, Eggplant and Tomato Sandwich

READY IN



20 min.

SERVINGS



20

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 slices oscar mayer deli turkey breast smoked fresh
- 4 slices eggplant
- 2 Tbsp miracle whip dressing light
- 4 slices multi-grain bread toasted
- 2 romaine lettuce leaves
- 1 tomatoes cut into 4 slices

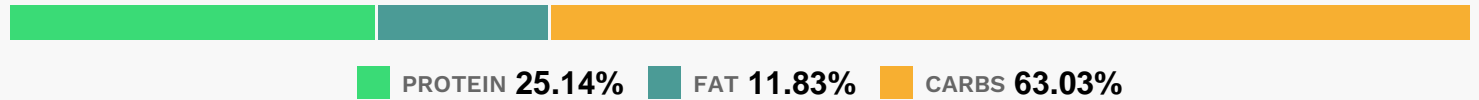
Equipment

- frying pan

Directions

- Heat skillet sprayed with cooking spray on medium heat.
- Add eggplant; cook 5 min. on each side or until tender and lightly browned on both sides.
- Spread toast slices with dressing.
- Fill with lettuce, turkey, eggplant and tomatoes.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:1.58, Inflammation Score:-3, Nutrition Score:1.9591304271118%

Flavonoids

Delphinidin: 7.2mg, Delphinidin: 7.2mg, Delphinidin: 7.2mg, Delphinidin: 7.2mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 22.61kcal (1.13%), Fat: 0.31g (0.47%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 3.67g (1.22%), Net Carbohydrates: 2.92g (1.06%), Sugar: 0.97g (1.08%), Cholesterol: 1.42mg (0.47%), Sodium: 86.19mg (3.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.93%), Manganese: 0.15mg (7.52%), Vitamin A: 298.31IU (5.97%), Vitamin K: 4.09µg (3.89%), Fiber: 0.75g (3%), Phosphorus: 25.56mg (2.56%), Folate: 8.93µg (2.23%), Selenium: 1.48µg (2.12%), Vitamin B1: 0.03mg (1.96%), Magnesium: 7.64mg (1.91%), Potassium: 63.71mg (1.82%), Vitamin B3: 0.35mg (1.74%), Copper: 0.03mg (1.72%), Iron: 0.25mg (1.4%), Vitamin C: 1.14mg (1.38%), Vitamin B6: 0.03mg (1.31%), Calcium: 11.96mg (1.2%), Zinc: 0.16mg (1.09%)