



Turkey Garden Crunch Sandwich

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 bibb lettuce leaves
- 1 stalk celery chopped
- 0.3 cup granny smith apples chopped
- 1 Tbsp green onions sliced
- 4 deli deluxe process american cheese kraft
- 0.3 cup grapes red seedless halved
- 3 Tbsp mayo reduced fat mayonnaise light kraft
- 4 multi-grain sandwich buns thin

7.5 oz oscar mayer carving board oven roasted turkey breast

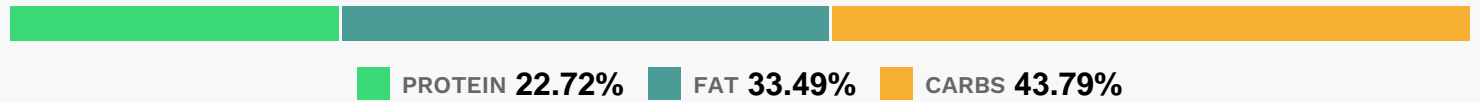
Equipment

Directions

Combine first 5 ingredients.

Fill buns with lettuce, cheese, turkey and apple mixture.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:1.31, Inflammation Score:-7, Nutrition Score:15.880434844805%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 336.41kcal (16.82%), Fat: 12.53g (19.27%), Saturated Fat: 4.82g (30.1%), Carbohydrates: 36.87g (12.29%), Net Carbohydrates: 34.92g (12.7%), Sugar: 4.84g (5.38%), Cholesterol: 49.79mg (16.6%), Sodium: 1304.58mg (56.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.13g (38.25%), Selenium: 33.97µg (48.52%), Vitamin B3: 7.37mg (36.84%), Phosphorus: 340.45mg (34.04%), Calcium: 291.82mg (29.18%), Vitamin K: 29.46µg (28.05%), Vitamin B1: 0.32mg (21.42%), Folate: 75.9µg (18.98%), Vitamin B2: 0.3mg (17.84%), Manganese: 0.33mg (16.61%), Vitamin A: 777.69IU (15.55%), Vitamin B6: 0.3mg (15%), Iron: 2.5mg (13.86%), Potassium: 376.12mg (10.75%), Magnesium: 39.28mg (9.82%), Zinc: 1.4mg (9.3%), Vitamin B5: 0.9mg (9%), Fiber: 1.95g (7.79%), Copper: 0.14mg (6.82%), Vitamin B12: 0.39µg (6.49%), Vitamin E: 0.9mg (6.01%), Vitamin C: 1.81mg (2.19%), Vitamin D: 0.18µg (1.19%)