



Turkey & Ranch Bagel Club

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



46 kcal

SIDE DISH

Ingredients

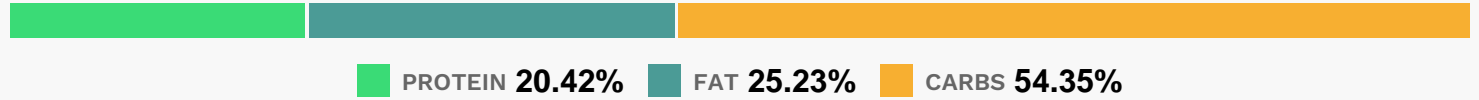
- 1 bagels whole wheat split toasted
- 6 slices oscar mayer deli turkey breast smoked fresh
- 1 romaine leaves
- 1 Tbsp lite ranch dressing kraft
- 1 slice tomatoes
- 1 slice oscar mayer turkey bacon cooked cut in half

Equipment

Directions

- Spread cut sides of bagel with dressing.
- Fill with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:3.89, Inflammation Score:-2, Nutrition Score:1.2660869717922%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 45.55kcal (2.28%), Fat: 1.27g (1.95%), Saturated Fat: 0.25g (1.59%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 5.83g (2.12%), Sugar: 0.25g (0.27%), Cholesterol: 3.3mg (1.1%), Sodium: 159.6mg (6.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.61%), Vitamin A: 200.76IU (4.02%), Manganese: 0.07mg (3.38%), Phosphorus: 31.79mg (3.18%), Vitamin K: 2.32µg (2.21%), Copper: 0.03mg (1.65%), Vitamin B1: 0.02mg (1.44%), Iron: 0.26mg (1.44%), Magnesium: 5.43mg (1.36%), Vitamin B3: 0.26mg (1.3%), Zinc: 0.19mg (1.25%), Fiber: 0.3g (1.19%), Potassium: 37.99mg (1.09%)