



Turkey & Swiss Sandwich

READY IN



5 min.

SERVINGS



2

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

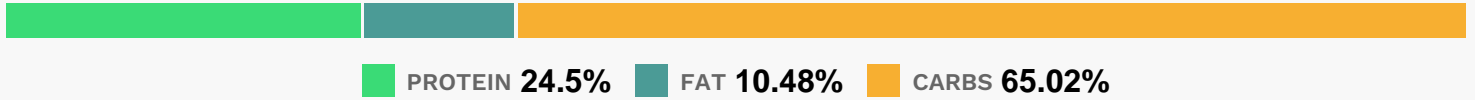
- 0.5 cup creamy coleslaw
- 12 slices oscar mayer deli honey turkey breast smoked fresh
- 2 lettuce leaves
- 2 milk swiss singles 2% kraft
- 4 slices cocktail rye bread

Equipment

Directions

Fill bread slices with remaining ingredients to make 2 sandwiches.

Nutrition Facts



Properties

Glycemic Index:67.17, Glycemic Load:14.51, Inflammation Score:-8, Nutrition Score:13.116086966642%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 214.65kcal (10.73%), Fat: 2.5g (3.84%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 34.85g (11.62%), Net Carbohydrates: 30.46g (11.08%), Sugar: 4.13g (4.59%), Cholesterol: 15.48mg (5.16%), Sodium: 968.33mg (42.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.14g (26.27%), Vitamin A: 1800.21IU (36%), Manganese: 0.63mg (31.37%), Selenium: 19.99µg (28.56%), Folate: 87.04µg (21.76%), Vitamin B1: 0.31mg (20.87%), Phosphorus: 203.88mg (20.39%), Fiber: 4.39g (17.56%), Iron: 2.64mg (14.68%), Vitamin B2: 0.25mg (14.52%), Vitamin K: 14.07µg (13.4%), Vitamin C: 10.98mg (13.31%), Vitamin B3: 2.57mg (12.85%), Copper: 0.24mg (12.12%), Magnesium: 43.9mg (10.98%), Zinc: 1.23mg (8.17%), Potassium: 282.45mg (8.07%), Calcium: 68.87mg (6.89%), Vitamin B6: 0.09mg (4.72%), Vitamin B5: 0.32mg (3.22%), Vitamin E: 0.31mg (2.07%)