



Tuscan Club Sandwich

READY IN



10 min.

SERVINGS



1

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

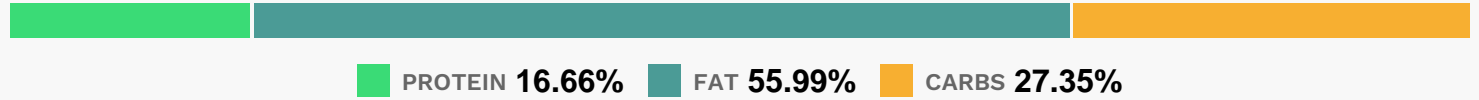
- 2 slices oscar mayer bacon cooked
- 2 Tbsp philadelphia garlic & herb cream cheese spread
- 1 ciabatta sandwich roll split (3 inch)
- 4 slices oscar mayer deli oven roasted turkey breast fresh
- 1 romaine leaves
- 1 Tbsp tuscan house dressing italian kraft
- 2 slices tomatoes thin

Equipment

Directions

- Spread top half of roll with cream cheese spread; spread bottom half of roll with dressing.
- Fill with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:0.02, Inflammation Score:-8, Nutrition Score:9.3660868458126%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 478kcal (23.9%), Fat: 29.85g (45.93%), Saturated Fat: 11.28g (70.5%), Carbohydrates: 32.81g (10.94%), Net Carbohydrates: 31.93g (11.61%), Sugar: 2.24g (2.49%), Cholesterol: 78.52mg (26.17%), Sodium: 1337.87mg (58.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.98g (39.97%), Vitamin A: 1819.51IU (36.39%), Vitamin B3: 6.25mg (31.23%), Selenium: 15.62µg (22.31%), Phosphorus: 196.37mg (19.64%), Vitamin B6: 0.37mg (18.28%), Vitamin B1: 0.17mg (11.48%), Potassium: 323.57mg (9.24%), Vitamin K: 8.39µg (7.99%), Vitamin B5: 0.71mg (7.14%), Vitamin C: 4.65mg (5.64%), Vitamin B2: 0.09mg (5.54%), Zinc: 0.83mg (5.5%), Magnesium: 21.83mg (5.46%), Vitamin E: 0.75mg (4.98%), Vitamin B12: 0.29µg (4.79%), Manganese: 0.09mg (4.71%), Fiber: 0.88g (3.52%), Iron: 0.63mg (3.48%), Folate: 12.78µg (3.19%), Calcium: 18.23mg (1.82%), Copper: 0.03mg (1.6%), Vitamin D: 0.22µg (1.49%)