



## Zesty Turkey and Ham Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

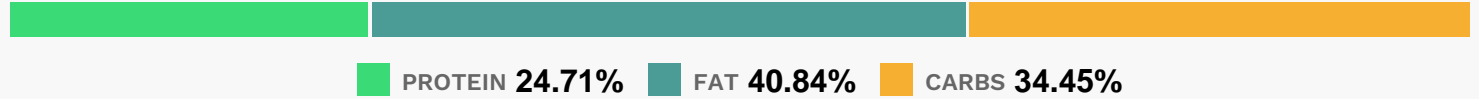
- 0.3 cup pepper rings
- 1 lb bread baguette split french
- 15 oz oscar mayer deli combos the classic fresh
- 1 Tbsp 1 tbsp. kraft lite zesty italian dressing italian kraft
- 6 claussen kosher dill sandwich
- 5 lettuce leaves
- 1 Tbsp mayo with olive oil cracked pepper reduced fat mayonnaise kraft
- 4 slices provolone cheese kraft

# Equipment

## Directions

- Mix mayo and dressing until blended; spread onto cut side of top half of baguette.
- Fill baguette with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:8.57, Glycemic Load:11.62, Inflammation Score:-7, Nutrition Score:12.184782629428%

## Nutrients (% of daily need)

Calories: 263.46kcal (13.17%), Fat: 11.85g (18.23%), Saturated Fat: 4.25g (26.59%), Carbohydrates: 22.48g (7.49%), Net Carbohydrates: 20.51g (7.46%), Sugar: 3.02g (3.36%), Cholesterol: 31.83mg (10.61%), Sodium: 841.7mg (36.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.12g (32.25%), Selenium: 23.96µg (34.22%), Vitamin B1: 0.46mg (30.52%), Manganese: 0.59mg (29.3%), Vitamin B3: 4.5mg (22.5%), Vitamin A: 965.46IU (19.31%), Phosphorus: 191.79mg (19.18%), Vitamin B2: 0.25mg (14.53%), Calcium: 123.99mg (12.4%), Iron: 2.17mg (12.03%), Vitamin B6: 0.23mg (11.59%), Zinc: 1.73mg (11.56%), Folate: 45.54µg (11.39%), Fiber: 1.98g (7.91%), Magnesium: 30.76mg (7.69%), Potassium: 225.72mg (6.45%), Vitamin B12: 0.38µg (6.39%), Vitamin B5: 0.61mg (6.05%), Copper: 0.11mg (5.3%), Vitamin K: 4.67µg (4.45%), Vitamin C: 2.34mg (2.84%), Vitamin E: 0.36mg (2.4%), Vitamin D: 0.34µg (2.24%)