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*The Nest*  
in Louisville Hall

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# Turkey Sandwich



## Ingredients:

- 1 tbs mustard or fat-free mayo
- 2 slices whole grain bread
- 2 lettuce leaves(Romaine)
- 2-3 slices of low sodium roasted turkey lunch meat
- ½ tomato, sliced

- Spread mustard or mayo over both slices of bread
- Put a leaf of Romaine on each slice of bread
- Place the turkey and tomato on once piece of bread, top with the other, cut in half, and enjoy!

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# Turkey Sandwich

## Nutrition Facts

Serving Size 1 sandwich

Serving per Recipe 1

Amount per Serving

**Calories** 198      **Calories from Fat** 29.3

% Daily Value

**Total Fat** 3.25 g      5%

Saturated Fat 0g      0%

**Cholesterol** 30mg      10%

**Sodium** 681.78mg      28%

**Total Carbohydrate** 28.29g      9%

Dietary Fiber 4.5g      18%

Sugars 4.89g

**Protein** 16.5g      33%

Est. Percent Calories From:

Fat      8%

Carbs      57%

Protein      33%

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