



Bacon-Horseradish-Turkey Sandwiches

READY IN



15 min.

SERVINGS



6

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

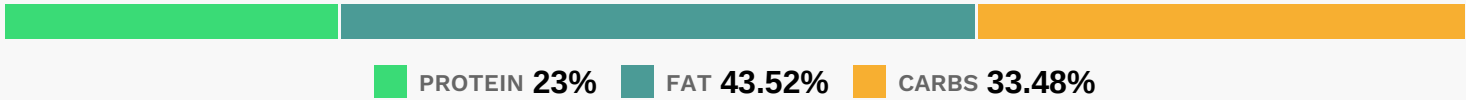
- ☐ 2 cups arugula loosely packed
- ☐ 6 slices bacon cooked
- ☐ 6 croissants split
- ☐ 6 slices havarti cheese
- ☐ 1 tablespoon horseradish refrigerated
- ☐ 0.5 cup peach preserves
- ☐ 1.5 pounds roasted turkey sliced
- ☐ 0.3 cup grain dijon mustard whole

Equipment

Directions

- ☐ Stir horseradish into peach preserves.
- ☐ Layer 1 side of 6 croissant halves with cheese, turkey, pear preserves mixture, bacon, and arugula.
- ☐ Spread 1 side of remaining 6 bread slices with mustard, and place, mustard sides down, on arugula.

Nutrition Facts



Properties

Glycemic Index:36.83, Glycemic Load:27.21, Inflammation Score:-7, Nutrition Score:18.855652301208%

Flavonoids

Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 565.91kcal (28.3%), Fat: 27.25g (41.93%), Saturated Fat: 13.69g (85.54%), Carbohydrates: 47.18g (15.73%), Net Carbohydrates: 44.75g (16.27%), Sugar: 20.71g (23.02%), Cholesterol: 128.72mg (42.91%), Sodium: 790.35mg (34.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.42g (64.83%), Selenium: 40.71µg (58.15%), Vitamin B3: 8.36mg (41.79%), Phosphorus: 407.46mg (40.75%), Vitamin B6: 0.6mg (30.14%), Vitamin B12: 1.55µg (25.78%), Vitamin B2: 0.43mg (25.41%), Vitamin B1: 0.35mg (23.06%), Calcium: 225.06mg (22.51%), Zinc: 3.36mg (22.41%), Folate: 84.33µg (21.08%), Vitamin A: 859.78IU (17.2%), Manganese: 0.3mg (14.76%), Vitamin B5: 1.4mg (13.97%), Iron: 2.38mg (13.23%), Magnesium: 49.18mg (12.3%), Potassium: 374.45mg (10.7%), Fiber: 2.43g (9.72%), Copper: 0.18mg (9.13%), Vitamin K: 8.48µg (8.08%), Vitamin E: 0.88mg (5.84%), Vitamin C: 4.41mg (5.35%), Vitamin D: 0.35µg (2.32%)