



Barbecue Pulled-Turkey Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 2 slices bacon chopped
- ☐ 0.5 teaspoon celery seed
- ☐ 1 teaspoon chili powder
- ☐ 3 tablespoons t brown sugar dark packed ()
- ☐ 3 cups cabbage green thinly sliced
- ☐ 0.3 teaspoon ground cumin
- ☐ 3 tablespoons mayonnaise

- ☐ 1 cup tomato purée
- ☐ 2.3 cups turkey dark light shredded cooked (and meat)
- ☐ 0.3 cup water
- ☐ 4 hamburger buns whole wheat soft (such as onion, egg, sesame, or)

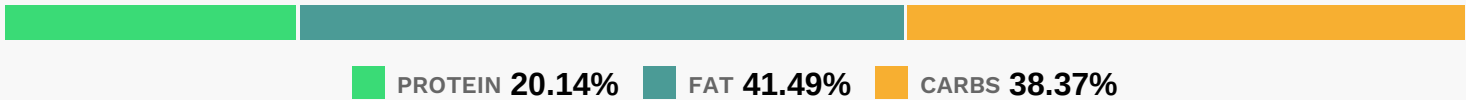
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk mayonnaise, apple cidervinegar, and celery seeds in small bowl toblend. Season to taste with salt and pepper.
- ☐ Add cabbage; toss to blend. Cover bowl andchill. DO AHEAD: Can be made 1 day ahead.Cover and chill.
- ☐ Sauté bacon inheavy small saucepan over medium heatuntil crisp and brown, about 5 minutes.
- ☐ Addtomato puree, apple cider vinegar, 1/4 cupwater, dark brown sugar, chili powder, andground cumin. Bring sauce to boil; reduceheat and simmer 5 minutes. Season to tastewith salt and pepper.
- ☐ Add shredded cooked turkey tobarbecue sauce and bring to boil. Reduceheat and simmer until turkey is heatedthrough, stirring occasionally.Split and toast rolls. Divide turkey andslaw among rolls. Press tops down lightlyto compress, then serve.

Nutrition Facts



Properties

Glycemic Index:34.75, Glycemic Load:0.85, Inflammation Score:-7, Nutrition Score:21.366521705752%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 395.59kcal (19.78%), Fat: 18.54g (28.53%), Saturated Fat: 4.22g (26.38%), Carbohydrates: 38.57g (12.86%), Net Carbohydrates: 34.09g (12.4%), Sugar: 16.58g (18.42%), Cholesterol: 53.42mg (17.81%), Sodium: 451.14mg (19.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.25g (40.51%), Vitamin K: 61.17µg (58.26%), Selenium: 29.99µg (42.84%), Vitamin B3: 8.04mg (40.21%), Manganese: 0.73mg (36.74%), Vitamin C: 26.21mg (31.77%), Vitamin B6: 0.58mg (29.17%), Iron: 4.13mg (22.95%), Phosphorus: 223.95mg (22.4%), Vitamin B1: 0.32mg (21.26%), Folate: 84.58µg (21.15%), Vitamin B2: 0.34mg (19.82%), Potassium: 640.92mg (18.31%), Copper: 0.36mg (18.19%), Fiber: 4.48g (17.93%), Magnesium: 61.09mg (15.27%), Vitamin E: 2.04mg (13.61%), Zinc: 2.04mg (13.57%), Vitamin B12: 0.78µg (12.99%), Vitamin B5: 1.19mg (11.87%), Vitamin A: 578.83IU (11.58%), Calcium: 99.5mg (9.95%), Vitamin D: 0.24µg (1.59%)