



Barbecue Turkey Sandwiches with Celery Salad

READY IN



15 min.

SERVINGS



6

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup barbecue sauce store-bought
- ☐ 0.3 cup cheese blue crumbled (2 ounces)
- ☐ 1 bunch celery thinly sliced
- ☐ 0.3 cup flat-leaf parsley fresh roughly chopped
- ☐ 6 servings kosher salt and pepper black
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 6 sandwich rolls split toasted
- ☐ 4 scallions thinly sliced

- ☐ 3 cups turkey shredded cooked
- ☐ 2 tablespoons citrus champagne vinegar

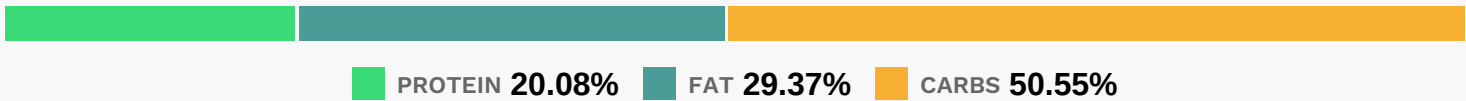
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a large bowl, whisk the oil, vinegar, 1/4 cup of the cheese, 3/4 teaspoon salt, and 1/4 teaspoon pepper until smooth.
- ☐ Add the celery, scallions, and parsley and toss to combine.
- ☐ Sprinkle with the remaining 2 tablespoons of the cheese. In a large skillet, combine the turkey and barbecue sauce and cook over medium heat until heated through, 3 to 4 minutes. Sandwich the turkey mixture in the rolls and serve with the celery salad. Tip: Cooked turkey stays moist longer when its stored unsliced. On Thanksgiving Day, try to slice only what you think your guests will eat. Leave the rest of the meat in large pieces before refrigerating.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.21, Inflammation Score:-6, Nutrition Score:16.263913201249%

Flavonoids

Apigenin: 5.58mg, Apigenin: 5.58mg, Apigenin: 5.58mg, Apigenin: 5.58mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 365.03kcal (18.25%), Fat: 11.81g (18.16%), Saturated Fat: 2.79g (17.45%), Carbohydrates: 45.71g (15.24%), Net Carbohydrates: 43.68g (15.88%), Sugar: 13.23g (14.7%), Cholesterol: 40mg (13.33%), Sodium: 1000.95mg (43.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.16g (36.33%), Vitamin K: 63.44µg (60.42%),

Selenium: 34.23µg (48.9%), Vitamin B3: 6.58mg (32.88%), Vitamin B1: 0.31mg (20.94%), Vitamin B2: 0.34mg (19.86%), Phosphorus: 183.28mg (18.33%), Vitamin B6: 0.37mg (18.29%), Folate: 71.69µg (17.92%), Manganese: 0.34mg (17.01%), Iron: 2.88mg (16%), Calcium: 113.46mg (11.35%), Zinc: 1.7mg (11.33%), Vitamin B12: 0.68µg (11.25%), Vitamin A: 471.12IU (9.42%), Magnesium: 37.54mg (9.39%), Potassium: 325.53mg (9.3%), Vitamin E: 1.34mg (8.91%), Copper: 0.17mg (8.63%), Vitamin B5: 0.83mg (8.25%), Fiber: 2.03g (8.12%), Vitamin C: 5.28mg (6.39%), Vitamin D: 0.18µg (1.18%)