



WHATSheATE



Chutney-Turkey Salad on Focaccia



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



341 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons caesar dressing reduced-fat
- ☐ 0.5 cup celery finely chopped
- ☐ 4 teaspoons dijon mustard
- ☐ 5.3 ounce flour italian (flatbread) ()
- ☐ 3 tablespoons mayonnaise light
- ☐ 0.3 cup mango chutney hot
- ☐ 7 ounce roasted bell peppers red drained sliced
- ☐ 1 teaspoon sesame seed toasted

- ☐ 8 spinach leaves
- ☐ 10 ounces turkey cooked chopped
- ☐ 1 small zucchini cut lengthwise into 8 (1/4-inch) slices

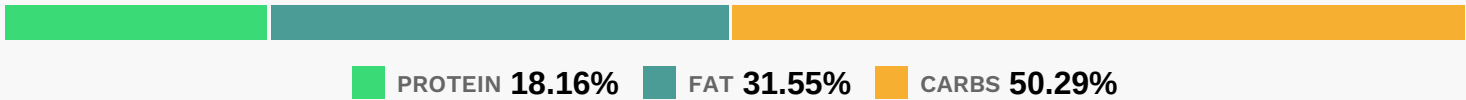
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 350
- ☐ Combine first 4 ingredients in a medium bowl.
- ☐ Add turkey; toss gently to coat.
- ☐ Cut each bread piece in half horizontally. Spray cut sides of each piece with cooking spray.
- ☐ Place bread slices in a single layer on a jelly-roll pan.
- ☐ Bake at 350 for 12 minutes or until toasted.
- ☐ Spread 1/2 cup turkey salad over each bottom half. Top with zucchini slices, roasted peppers, and spinach; drizzle with dressing.
- ☐ Spread mustard over top halves of bread; place on top of sandwiches.
- ☐ Cut each sandwich into 4 wedges.

Nutrition Facts



Properties

Glycemic Index:60.5, Glycemic Load:18.25, Inflammation Score:-6, Nutrition Score:11.716086988864%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin:

0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 341.19kcal (17.06%), Fat: 12.08g (18.59%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 43.34g (14.45%), Net Carbohydrates: 40.93g (14.88%), Sugar: 15.99g (17.77%), Cholesterol: 40.78mg (13.59%), Sodium: 1204.91mg (52.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.65g (31.31%), Vitamin C: 31.84mg (38.59%), Vitamin K: 28.06µg (26.72%), Vitamin B6: 0.47mg (23.31%), Vitamin B3: 4.37mg (21.83%), Selenium: 13.83µg (19.75%), Phosphorus: 134.13mg (13.41%), Vitamin A: 602.83IU (12.06%), Manganese: 0.22mg (10.83%), Vitamin B12: 0.62µg (10.27%), Vitamin B2: 0.17mg (10.21%), Potassium: 343.17mg (9.8%), Fiber: 2.41g (9.64%), Copper: 0.18mg (9.05%), Zinc: 1.21mg (8.06%), Magnesium: 31.96mg (7.99%), Folate: 31.48µg (7.87%), Iron: 1.4mg (7.8%), Calcium: 55.48mg (5.55%), Vitamin B5: 0.55mg (5.53%), Vitamin E: 0.79mg (5.24%), Vitamin B1: 0.07mg (4.9%), Vitamin D: 0.16µg (1.06%)