



Cranberry BBQ Turkey Sandwich

READY IN



65 min.

SERVINGS



4

CALORIES



1300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons apple cider vinegar
- 4 cups canola oil
- 1 teaspoon dijon mustard
- 2 tablespoons flour all-purpose
- 4 slices fontina thick
- 1 pinch ground cinnamon
- 0.5 teaspoon ground ginger
- 0.5 teaspoon ground pepper fresh black
- 0.3 teaspoon hot sauce such as tabasco

- 1 pinch kosher salt
- 4 servings kosher salt and pepper black freshly ground
- 1 cup orange juice
- 4 shallots peeled thinly sliced
- 4 hoagie rolls
- 1 cup tomato purée
- 1 pound turkey meat leftover sliced
- 28 ounce cranberry sauce canned
- 2 teaspoons worcestershire sauce

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- broiler

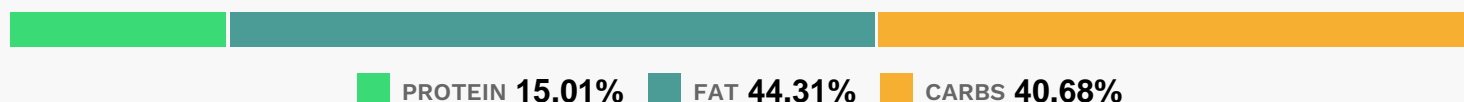
Directions

- Watch how to make this recipe.
- Preheat the broiler.
- Add the turkey and Cranberry BBQ Sauce to a large bowl and toss to coat. Pile the turkey on the rolls and top with the cheese.
- Place the sandwiches on a baking sheet and place under the broiler until the cheese melts and is bubbly. Top the sandwiches with the Fried Shallots and serve.
- Add the cranberry sauce, juice, ground ginger, cinnamon and a pinch of salt to a small saucepan. Bring to a boil and reduce to a simmer. Cook uncovered, stirring often to incorporate flavors, about 15 minutes.
- Remove the saucepan from the heat and cool. Reserve 1 cup and store the rest for future use.
- Combine the tomato puree, 1 cup of the cranberry sauce, vinegar, Worcestershire, mustard, 1/2 teaspoon salt, pepper and hot sauce in a medium saucepan. Bring to a boil, reduce the

heat and simmer uncovered, stirring frequently until all ingredients are well incorporated, 8 to 10 minutes.

- Heat the oil to 375 degrees F in a high-sided skillet or pan.
- Put the flour in a small bowl and sprinkle with salt and pepper.
- Add the shallots to the bowl and toss to coat, shaking off any excess flour. Fry the shallots in batches until golden brown, 2 to 3 minutes.
- Transfer the shallots to a paper-towel-lined-plate and sprinkle with salt.

Nutrition Facts



Properties

Glycemic Index:99.5, Glycemic Load:29.55, Inflammation Score:-8, Nutrition Score:32.354782291081%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 5.39mg, Myricetin: 5.39mg, Myricetin: 5.39mg, Myricetin: 5.39mg Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg, Quercetin: 7.62mg

Nutrients (% of daily need)

Calories: 1299.79kcal (64.99%), Fat: 64.78g (99.66%), Saturated Fat: 11.19g (69.94%), Carbohydrates: 133.78g (44.59%), Net Carbohydrates: 128.06g (46.57%), Sugar: 78.6g (87.33%), Cholesterol: 156.08mg (52.03%), Sodium: 735.03mg (31.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.37g (98.74%), Iron: 14.82mg (82.32%), Vitamin E: 11.18mg (74.53%), Vitamin B3: 12.63mg (63.17%), Selenium: 41.35µg (59.07%), Vitamin C: 42.51mg (51.53%), Vitamin B6: 0.95mg (47.44%), Phosphorus: 418.57mg (41.86%), Vitamin K: 38.59µg (36.76%), Vitamin B2: 0.52mg (30.47%), Zinc: 4.28mg (28.52%), Vitamin B12: 1.63µg (27.12%), Manganese: 0.53mg (26.34%), Potassium: 886.18mg (25.32%), Fiber: 5.72g (22.89%), Calcium: 217.79mg (21.78%), Copper: 0.42mg (21.03%), Magnesium: 72.6mg (18.15%), Vitamin B5: 1.7mg (17%), Vitamin A: 848.06IU (16.96%), Vitamin B1: 0.21mg (13.89%), Folate: 55.48µg (13.87%), Vitamin D: 0.62µg (4.14%)