



Creamy Hummus and Smoked Turkey Sandwich

READY IN

ready

15 min.

SERVINGS

servings

1

CALORIES

calories

757 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 baby spinach leaves
- ☐ 1 bagels whole wheat mini toasted
- ☐ 1 small carrots roughly chopped
- ☐ 3 slices cucumber thin
- ☐ 1 small clove garlic
- ☐ 0.3 cup water prepared
- ☐ 4 ounces neufchatel cheese room temperature
- ☐ 1 scallion roughly chopped

- ☐ 4 sun-dried tomatoes roughly chopped
- ☐ 1 slice tomatoes
- ☐ 0.8 ounce turkey smoked thin 1 slice folded into quarters

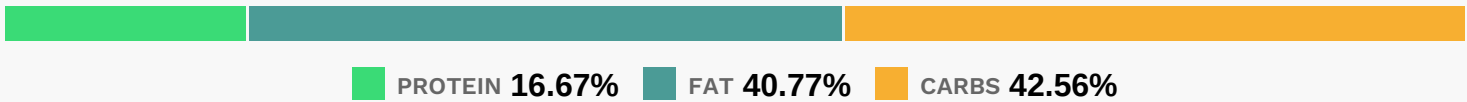
Equipment

- ☐ food processor
- ☐ paper towels
- ☐ aluminum foil

Directions

- ☐ Spread the Creamy Veggie Hummus on the bottom half of the bagel, then top with the spinach leaves, tomato, turkey, cucumbers and the other half of the bagel. Wrap the sandwich in a paper towel and then aluminum foil.
- ☐ Pulse Neufchatel, hummus, tomatoes, carrots, garlic and scallion in a food processor until fully mixed, but somewhat chunky.
- ☐ Transfer to a container. This spread will keep well in the refrigerator for about a week.

Nutrition Facts



Properties

Glycemic Index:346.33, Glycemic Load:44.36, Inflammation Score:-10, Nutrition Score:29.223043475462%

Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 756.54kcal (37.83%), Fat: 34.76g (53.48%), Saturated Fat: 15.91g (99.42%), Carbohydrates: 81.67g (27.22%), Net Carbohydrates: 72.27g (26.28%), Sugar: 10.33g (11.47%), Cholesterol: 94.78mg (31.59%), Sodium: 1239.07mg (53.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.98g (63.95%), Vitamin A: 10044.75IU (200.9%), Manganese: 1.42mg (70.91%), Vitamin K: 54.99µg (52.38%), Phosphorus: 460.53mg (46.05%), Fiber: 9.4g

(37.6%), Copper: 0.73mg (36.36%), Folate: 126.6µg (31.65%), Magnesium: 121.76mg (30.44%), Potassium: 1041.29mg (29.75%), Vitamin B1: 0.42mg (28.05%), Vitamin B3: 5.08mg (25.42%), Iron: 4.51mg (25.07%), Zinc: 3.71mg (24.71%), Vitamin B6: 0.49mg (24.59%), Vitamin B2: 0.39mg (23.22%), Calcium: 224.59mg (22.46%), Vitamin C: 14.49mg (17.57%), Vitamin B5: 1.64mg (16.44%), Selenium: 9.26µg (13.22%), Vitamin B12: 0.52µg (8.74%), Vitamin E: 1.08mg (7.2%)