



Crunchy Turkey Salad Sandwiches

READY IN



15 min.

SERVINGS



6

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup almonds toasted sliced coarsely chopped
- 0.8 cup celery chopped
- 2 tablespoons dijon mustard
- 2 tablespoons chives fresh snipped
- 3 tablespoons parsley fresh chopped
- 6 servings kosher salt and pepper freshly ground
- 0.3 cup mayonnaise
- 6 servings whole-grain sandwich bread soft for serving
- 8 ounces provolone cheese cut into 1/2 inch cubes

- 1 cup grapes red seedless cut in half
- 1 cup scallions chopped
- 1.3 pounds turkey breast smoked diced

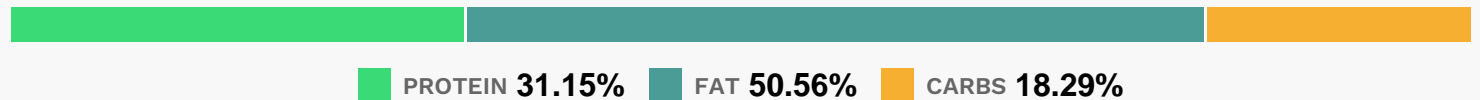
Equipment

- mixing bowl

Directions

- Place the turkey in a medium mixing bowl and season with salt and pepper.
- Add the remaining ingredients (except the bread) and combine.
- Serve on sandwich bread.
- Photograph by Hallie Burton

Nutrition Facts



Properties

Glycemic Index:62.62, Glycemic Load:9.91, Inflammation Score:-7, Nutrition Score:26.71739132508%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.67mg, Apigenin: 4.67mg, Apigenin: 4.67mg, Apigenin: 4.67mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 456.79kcal (22.84%), Fat: 26.04g (40.06%), Saturated Fat: 8.73g (54.56%), Carbohydrates: 21.19g (7.06%), Net Carbohydrates: 17.39g (6.32%), Sugar: 6.46g (7.18%), Cholesterol: 82.34mg (27.45%), Sodium: 937.78mg (40.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.1g (72.2%), Vitamin K: 100.18µg (95.41%), Vitamin B3: 11.19mg (55.95%), Phosphorus: 530.72mg (53.07%), Selenium: 36.64µg (52.35%), Vitamin B6: 0.88mg

(43.99%), Manganese: 0.87mg (43.5%), Calcium: 392.77mg (39.28%), Vitamin B2: 0.44mg (25.83%), Zinc: 3.36mg (22.39%), Magnesium: 86.9mg (21.73%), Vitamin B12: 1.16µg (19.37%), Vitamin E: 2.87mg (19.16%), Vitamin A: 815.56IU (16.31%), Potassium: 558.01mg (15.94%), Fiber: 3.81g (15.22%), Vitamin B1: 0.21mg (13.73%), Copper: 0.26mg (13.11%), Iron: 2.32mg (12.88%), Vitamin B5: 1.24mg (12.44%), Folate: 46.31µg (11.58%), Vitamin C: 7.59mg (9.2%), Vitamin D: 0.31µg (2.06%)