



Curried Tea Sandwiches

READY IN



45 min.

SERVINGS



5

CALORIES



552 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

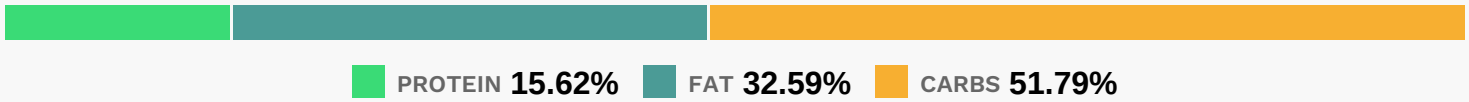
- ☐ 2 cups arugula loosely packed
- ☐ 8 ounce cream cheese softened
- ☐ 0.3 teaspoon curry powder
- ☐ 9 ounce oscar mayer deli honey turkey smoked fresh shaved
- ☐ 2 tablespoons mango chutney
- ☐ 10 slices pumpernickel party bread
- ☐ 10 slices rye party bread

Equipment

Directions

- ☐ Stir together first 3 ingredients.
- ☐ Spread mixture on 1 side of each bread slice. Divide turkey slices among 5 pumpernickel bread slices and 5 rye bread slices. If desired, top with Parmesan cheese. Top with arugula and remaining bread slices.
- ☐ Cut sandwiches in half, and secure with wooden picks, if desired.

Nutrition Facts



Properties

Glycemic Index:45.47, Glycemic Load:32.64, Inflammation Score:-8, Nutrition Score:21.041304303252%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg, Kaempferol: 2.79mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 551.95kcal (27.6%), Fat: 20.13g (30.97%), Saturated Fat: 9.96g (62.23%), Carbohydrates: 71.97g (23.99%), Net Carbohydrates: 63.85g (23.22%), Sugar: 9.42g (10.47%), Cholesterol: 62.14mg (20.71%), Sodium: 1522.83mg (66.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.7g (43.4%), Manganese: 1.4mg (70.04%), Selenium: 39.56µg (56.51%), Phosphorus: 366.87mg (36.69%), Folate: 142.8µg (35.7%), Vitamin B1: 0.5mg (33.5%), Fiber: 8.12g (32.48%), Vitamin B2: 0.53mg (31.01%), Iron: 4.45mg (24.72%), Copper: 0.45mg (22.67%), Vitamin B3: 4.48mg (22.41%), Magnesium: 82.35mg (20.59%), Vitamin A: 804.48IU (16.09%), Zinc: 2.39mg (15.93%), Calcium: 154.73mg (15.47%), Potassium: 441.07mg (12.6%), Vitamin K: 11.05µg (10.53%), Vitamin B5: 0.84mg (8.35%), Vitamin B6: 0.16mg (8.13%), Vitamin E: 0.94mg (6.24%), Vitamin C: 2.17mg (2.63%), Vitamin B12: 0.1µg (1.66%)