



Double-Decker Apricot Turkey "Pic-wiches"

READY IN



20 min.

SERVINGS



8

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

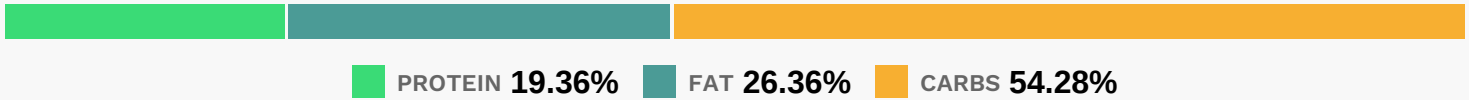
- ☐ 0.3 cup apricot preserves
- ☐ 16 slices raisin bread
- ☐ 0.5 cup cream cheese plain soft (from 8-ounce tub)
- ☐ 1 tablespoon dijon mustard
- ☐ 2 tablespoons apricot dried chopped
- ☐ 1 pound turkey smoked fully cooked thinly sliced
- ☐ 8 slices bread whole wheat

Equipment

Directions

- ☐ Mix apricot jam and mustard.
- ☐ Mix cream cheese and apricots.
- ☐ Spread jam mixture on one side of 8 slices cinnamon bread and 8 slices wheat bread.
- ☐ Place turkey on cinnamon bread; add wheat bread with spread sides down.
- ☐ Spread cream cheese mixture on remaining 8 slices cinnamon bread.
- ☐ Place cinnamon bread, cream cheese sides down, on sandwich stacks.
- ☐ Cut each sandwich diagonally into fourths to make 4 triangular sandwiches.

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:25.86, Inflammation Score:-5, Nutrition Score:14.623043420522%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 353.93kcal (17.7%), Fat: 10.53g (16.21%), Saturated Fat: 4.23g (26.42%), Carbohydrates: 48.81g (16.27%), Net Carbohydrates: 44.51g (16.19%), Sugar: 11.02g (12.25%), Cholesterol: 43.31mg (14.44%), Sodium: 421.01mg (18.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.41g (34.82%), Manganese: 0.89mg (44.26%), Selenium: 28.33µg (40.48%), Vitamin B3: 6.24mg (31.19%), Vitamin B2: 0.37mg (21.57%), Phosphorus: 209.84mg (20.98%), Vitamin B1: 0.31mg (20.83%), Folate: 71.57µg (17.89%), Vitamin B6: 0.35mg (17.7%), Fiber: 4.3g (17.18%), Iron: 2.76mg (15.35%), Magnesium: 48.9mg (12.22%), Zinc: 1.69mg (11.25%), Copper: 0.22mg (11.19%), Calcium: 103.34mg (10.33%), Potassium: 350.23mg (10.01%), Vitamin B12: 0.52µg (8.71%), Vitamin B5: 0.83mg (8.27%), Vitamin A: 368.69IU (7.37%), Vitamin E: 0.63mg (4.23%), Vitamin K: 3.51µg (3.34%), Vitamin C: 0.96mg (1.17%)