



Fresh Apple and Turkey Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 apples (1/)
- 3 arugula leaves trimmed
- 1 tsp butter
- 1 Tbsp mayo with olive oil reduced fat mayonnaise kraft
- 2 slices multi-grain bread toasted
- 1 big swiss cheese kraft
- 2 oz turkey breast cooked sliced

Equipment

frying pan

Directions

- Melt butter in small skillet on medium-low heat.
- Add apples; cook 5 min. or until heated through, turning after 3 min.
- Spread toast slices with mayo.
- Fill with arugula, turkey, apples and cheese.

Nutrition Facts

 **PROTEIN 13.62%**  **FAT 19.74%**  **CARBS 66.64%**

Properties

Glycemic Index:21.07, Glycemic Load:4.11, Inflammation Score:-2, Nutrition Score:2.9330434763561%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.48mg, Epicatechin: 5.48mg, Epicatechin: 5.48mg, Epicatechin: 5.48mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 71.55kcal (3.58%), Fat: 1.66g (2.56%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 12.64g (4.21%), Net Carbohydrates: 10.54g (3.83%), Sugar: 7.88g (8.76%), Cholesterol: 5.94mg (1.98%), Sodium: 55.71mg (2.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.17%), Fiber: 2.09g (8.37%), Manganese: 0.15mg (7.38%), Selenium: 3.29µg (4.7%), Vitamin B3: 0.88mg (4.4%), Vitamin B6: 0.09mg (4.38%), Phosphorus: 43.66mg (4.37%), Vitamin C: 3.44mg (4.17%), Vitamin K: 3.5µg (3.34%), Potassium: 109.59mg (3.13%), Calcium: 30.58mg (3.06%), Magnesium: 10.25mg (2.56%), Vitamin B2: 0.04mg (2.49%), Vitamin B1: 0.04mg (2.45%), Zinc: 0.28mg (1.87%), Copper: 0.04mg (1.84%), Vitamin A: 82.44IU (1.65%), Iron: 0.27mg (1.52%), Vitamin B12: 0.09µg (1.47%), Vitamin E: 0.22mg (1.46%), Folate: 5.74µg (1.43%), Vitamin B5: 0.14mg (1.38%)