



Grilled Turkey and Brie Sandwich with Cranberry Chutney

♥♥ Popular

READY IN



15 min.

SERVINGS



1

CALORIES



686 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bread
- ☐ 4 ounces round of président brie sliced
- ☐ 1 tablespoon butter room temperature
- ☐ 2 tablespoons cranberry chutney
- ☐ 1 serving roast turkey sliced

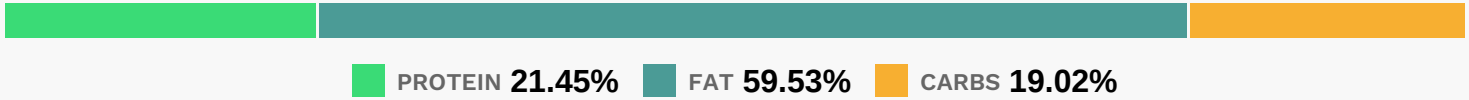
Equipment

- ☐ grill

Directions

☐ Assemble the sandwich and grill over medium heat until golden brown and the cheese has melted, about 2–4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:180.67, Glycemic Load:15.55, Inflammation Score:-7, Nutrition Score:20.448260815247%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Delphinidin: 2.27mg, Delphinidin: 2.27mg, Delphinidin: 2.27mg, Delphinidin: 2.27mg Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 14.54mg, Peonidin: 14.54mg, Peonidin: 14.54mg, Peonidin: 14.54mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 1.96mg, Myricetin: 1.96mg, Myricetin: 1.96mg, Myricetin: 1.96mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

Nutrients (% of daily need)

Calories: 686.49kcal (34.32%), Fat: 45.68g (70.27%), Saturated Fat: 27.42g (171.36%), Carbohydrates: 32.83g (10.94%), Net Carbohydrates: 29.52g (10.74%), Sugar: 5.81g (6.45%), Cholesterol: 158.86mg (52.95%), Sodium: 1640.93mg (71.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.03g (74.07%), Selenium: 32.74µg (46.77%), Vitamin B2: 0.74mg (43.62%), Manganese: 0.81mg (40.63%), Phosphorus: 403.4mg (40.34%), Vitamin B12: 1.89µg (31.58%), Folate: 122.02µg (30.51%), Calcium: 289.66mg (28.97%), Zinc: 3.73mg (24.89%), Vitamin B1: 0.31mg (20.92%), Vitamin A: 1040.04IU (20.8%), Vitamin B3: 3.6mg (17.99%), Iron: 3.19mg (17.7%), Vitamin B6: 0.35mg (17.3%), Magnesium: 60.65mg (15.16%), Vitamin B5: 1.34mg (13.44%), Fiber: 3.3g (13.22%), Copper: 0.24mg (12.05%), Potassium: 376.74mg (10.76%), Vitamin K: 7.81µg (7.44%), Vitamin E: 1.09mg (7.29%), Vitamin C: 4.25mg (5.15%), Vitamin D: 0.57µg (3.78%)