



Grilled Turkey-Plum Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 basil leaves
- 0.3 teaspoon pepper black freshly ground
- 2 medium plums black pitted ripe thinly sliced
- 1 teaspoon garlic fresh minced
- 2.5 tablespoons canola mayonnaise (such as Hellmann's)
- 1 ounce whole-grain bread country-style
- 0.5 teaspoon salt
- 12 ounces turkey cutlets (1/)

Equipment

- bowl
- frying pan
- grill
- grill pan

Directions

- Combine first 3 ingredients in a small bowl; stir well. Set mixture aside.
- Heat a grill pan over medium-high heat.
- Place 4 bread slices in a single layer on grill pan; grill 3 minutes on one side or until grill marks appear.
- Remove bread from grill pan. Repeat procedure with remaining bread.
- Coat grill pan with cooking spray.
- Sprinkle turkey evenly with salt.
- Add turkey to pan; grill 3 minutes or until done, turning after 1 1/2 minutes.
- Spread 2 teaspoons mayonnaise mixture over untoasted side of each of 4 bread slices; top each serving with about 2 1/4 ounces turkey. Divide plum slices evenly among sandwiches; top each serving with 4 basil leaves. Top sandwiches with remaining 4 bread slices.

Nutrition Facts



PROTEIN 48.83% **FAT 35.5%** **CARBS 15.67%**

Properties

Glycemic Index:72.59, Glycemic Load:3.23, Inflammation Score:-2, Nutrition Score:3.4073912387957%

Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg,
Epigallocatechin 3-gallate: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg
Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Gallocatechin: 0.03mg,
Galocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 185.48kcal (9.27%), Fat: 7.29g (11.22%), Saturated Fat: 1.08g (6.78%), Carbohydrates: 7.24g (2.41%), Net
Carbohydrates: 6.28g (2.28%), Sugar: 3.65g (4.05%), Cholesterol: 56.83mg (18.94%), Sodium: 417.48mg (18.15%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.56g (45.12%), Vitamin K: 23.78µg (22.65%), Manganese:
0.22mg (10.83%), Vitamin C: 3.66mg (4.43%), Vitamin A: 204.9IU (4.1%), Fiber: 0.96g (3.84%), Selenium: 2.15µg
(3.07%), Vitamin E: 0.43mg (2.84%), Vitamin B1: 0.04mg (2.67%), Iron: 0.47mg (2.61%), Phosphorus: 24.38mg
(2.44%), Vitamin B3: 0.47mg (2.36%), Copper: 0.05mg (2.34%), Magnesium: 9.29mg (2.32%), Potassium: 80.73mg
(2.31%), Calcium: 19.16mg (1.92%), Vitamin B6: 0.04mg (1.89%), Folate: 6.2µg (1.55%), Vitamin B2: 0.02mg (1.43%),
Zinc: 0.19mg (1.3%), Vitamin B5: 0.12mg (1.18%)