



Hot Turkey and Gravy Open-Faced Sandwiches

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 large onion thinly sliced
- ☐ 0.8 lb turkey breast cooked cut into 1/8-inch-thick slices
- ☐ 12 oz campbell's turkey gravy fat-free
- ☐ 4 slices bread

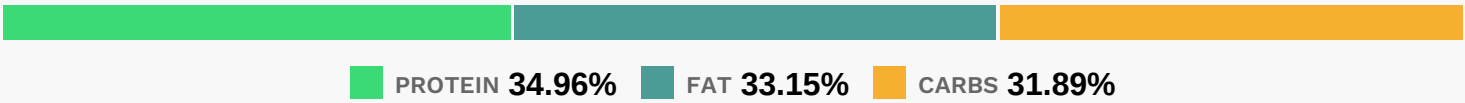
Equipment

- ☐ frying pan

Directions

- ☐ Melt margarine in large nonstick skillet over medium-high heat.
- ☐ Add onion; cover and cook 4 to 6 minutes or until onion is tender and lightly browned, stirring occasionally.
- ☐ Add turkey and gravy; cook until thoroughly heated, stirring occasionally.
- ☐ To serve, place 1 slice of bread on each individual plate. Top bread with turkey and onion mixture.

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:7.92, Inflammation Score:-5, Nutrition Score:12.53608694543%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 263.67kcal (13.18%), Fat: 9.79g (15.06%), Saturated Fat: 2.35g (14.66%), Carbohydrates: 21.19g (7.06%), Net Carbohydrates: 19.43g (7.06%), Sugar: 4.67g (5.19%), Cholesterol: 45.93mg (15.31%), Sodium: 764.67mg (33.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.23g (46.46%), Vitamin B3: 10.05mg (50.25%), Selenium: 27.56µg (39.37%), Vitamin B6: 0.74mg (36.79%), Phosphorus: 249.32mg (24.93%), Manganese: 0.39mg (19.4%), Vitamin B2: 0.21mg (12.15%), Vitamin B1: 0.16mg (10.74%), Zinc: 1.46mg (9.74%), Vitamin B5: 0.94mg (9.41%), Folate: 36.95µg (9.24%), Magnesium: 36.7mg (9.18%), Vitamin B12: 0.54µg (9.05%), Potassium: 302.99mg (8.66%), Iron: 1.55mg (8.59%), Fiber: 1.76g (7.03%), Calcium: 57.63mg (5.76%), Vitamin A: 268.71IU (5.37%), Copper: 0.1mg (5.01%), Vitamin C: 2.85mg (3.45%), Vitamin E: 0.33mg (2.19%), Vitamin K: 1.52µg (1.45%)