



Hot Turkey Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup arugula
- ☐ 4 bacon cooked cut in half reduced-sodium
- ☐ 1 ounce bread french
- ☐ 2 tablespoons mayonnaise light
- ☐ 2 slices provolone cheese halved
- ☐ 1 tablespoon cranberry-shallot chutney
- ☐ 12 ounces turkey breast cooked sliced
- ☐ 0.3 cup campbell's turkey gravy

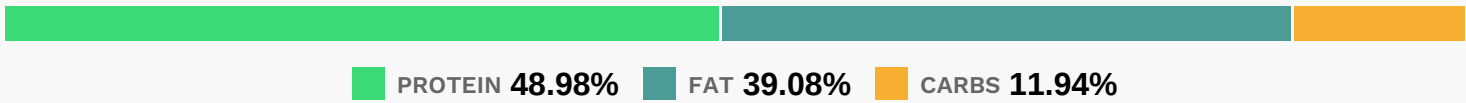
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Place bread slices on a baking sheet.
- ☐ Spread light mayonnaise evenly over 4 bread slices.
- ☐ Spread turkey gravy evenly over remaining 4 bread slices. Top the mayonnaise-spread slices evenly with bacon slices, turkey breast, and provolone cheese.
- ☐ Bake at 400 for 10 minutes or until cheese is melted. Top cheese evenly with arugula.
- ☐ Drizzle with cranberry-shallot chutney. Top with gravy-spread bread slices. Press sandwiches together.

Nutrition Facts



Properties

Glycemic Index:42.38, Glycemic Load:3.03, Inflammation Score:-3, Nutrition Score:11.714347860088%

Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 201.87kcal (10.09%), Fat: 8.76g (13.47%), Saturated Fat: 3.24g (20.24%), Carbohydrates: 6.02g (2.01%), Net Carbohydrates: 5.7g (2.07%), Sugar: 1.22g (1.36%), Cholesterol: 61.52mg (20.51%), Sodium: 548.43mg (23.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.7g (49.39%), Vitamin B3: 9.66mg (48.29%), Selenium: 26.99µg (38.56%), Vitamin B6: 0.73mg (36.44%), Phosphorus: 291.47mg (29.15%), Vitamin B12: 0.76µg (12.7%), Vitamin B2: 0.21mg (12.2%), Zinc: 1.77mg (11.8%), Calcium: 97.64mg (9.76%), Vitamin K: 9.49µg (9.04%), Vitamin B1: 0.13mg (8.62%), Vitamin B5: 0.85mg (8.51%), Potassium: 296.11mg (8.46%), Magnesium: 31.69mg (7.92%), Iron: 0.97mg (5.41%), Folate: 21.6µg (5.4%), Vitamin A: 227.22IU (4.54%), Copper: 0.07mg (3.66%), Manganese: 0.07mg

(3.48%), Vitamin E: 0.3mg (1.98%), Fiber: 0.32g (1.26%), Vitamin C: 0.95mg (1.15%), Vitamin D: 0.16µg (1.1%)