



Hot Turkey Sandwiches with Sherry Gravy

READY IN



45 min.

SERVINGS



4

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter ()
- ☐ 0.3 cup cooking sherry
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 tablespoons sage dried fresh chopped
- ☐ 3 large spring onion thinly sliced
- ☐ 14.5 ounce chicken broth canned
- ☐ 4.5 inch sourdough bread lightly toasted (each 5x)
- ☐ 8.3 inch turkey breast (each)

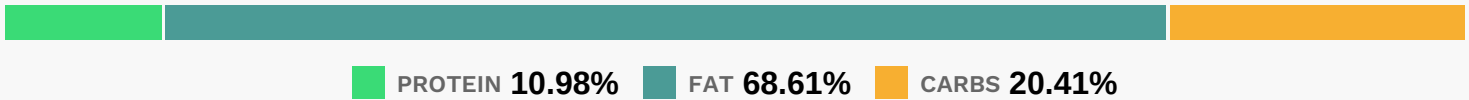
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Sprinkle turkey with half the sage, salt, and pepper. Melt butter in heavy large skillet over medium-high heat.
- ☐ Add 4 turkey scallops and sauté until lightly browned and cooked through, about 1 1/2 minutes per side.
- ☐ Transfer to plate. Repeat with remaining 4 scallops.
- ☐ Add green onions to skillet and sauté 1 minute.
- ☐ Sprinkle with flour; stir 1 minute. Gradually mix in broth and Sherry. Increase heat to high and boil until gravy thickens, whisking constantly, about 2 minutes.
- ☐ Add remaining half of sage. Reduce heat to low. Return turkey and any accumulated juices to gravy; simmer 1 minute to heat through. Season with salt and pepper.
- ☐ Place 1 bread slice on each plate. Top each with 2 turkey scallops and gravy.

Nutrition Facts



Properties

Glycemic Index:63.13, Glycemic Load:3.58, Inflammation Score:-5, Nutrition Score:7.6686955650701%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 172.01kcal (8.6%), Fat: 12.54g (19.3%), Saturated Fat: 7.62g (47.65%), Carbohydrates: 8.39g (2.8%), Net Carbohydrates: 7.14g (2.6%), Sugar: 0.94g (1.05%), Cholesterol: 33.33mg (11.11%), Sodium: 154.29mg (6.71%), Alcohol: 2.06g (100%), Alcohol %: 1.54% (100%), Protein: 4.52g (9.03%), Vitamin K: 65.63µg (62.51%), Vitamin A: 631.03IU (12.62%), Vitamin B3: 2.5mg (12.49%), Iron: 1.29mg (7.14%), Manganese: 0.14mg (7.07%), Folate: 27.48µg (6.87%), Phosphorus: 65.55mg (6.56%), Vitamin B6: 0.12mg (5.89%), Vitamin B2: 0.1mg (5.71%), Potassium: 193.82mg (5.54%), Selenium: 3.61µg (5.15%), Calcium: 50.38mg (5.04%), Fiber: 1.26g (5.02%), Vitamin B1: 0.07mg (4.99%), Vitamin C: 4.01mg (4.86%), Copper: 0.09mg (4.63%), Magnesium: 16.53mg (4.13%), Vitamin E: 0.56mg (3.71%), Zinc: 0.41mg (2.71%), Vitamin B12: 0.16µg (2.66%), Vitamin B5: 0.11mg (1.05%)