



Kicked-Up Turkey Sandwich

 Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

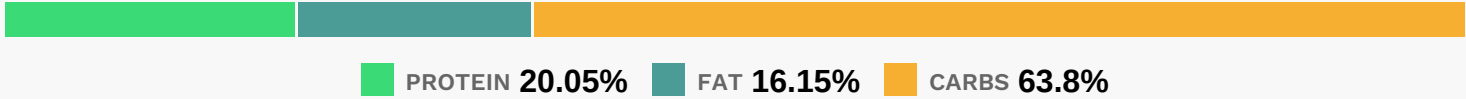
- ☐ 3 oz bread whole-wheat toasted
- ☐ 2 teaspoons fig spread
- ☐ 2 teaspoons grainy mustard
- ☐ 1.5 ounces turkey sliced
- ☐ 0.5 cup watercress
- ☐ 1 ounce a combination sliced
- ☐ 1 ounce a combination sliced

Equipment

Directions

☐ After toasted bread slices are cool, spread one slice with mustard and the other with fig spread. On one slice of toast, layer cheese, turkey, and watercress; top with other slice. Wrap; refrigerate up to 4 hours.

Nutrition Facts



Properties

Glycemic Index:177.67, Glycemic Load:27, Inflammation Score:-6, Nutrition Score:18.224782790827%

Flavonoids

Kaempferol: 3.92mg, Kaempferol: 3.92mg, Kaempferol: 3.92mg, Kaempferol: 3.92mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 325kcal (16.25%), Fat: 5.82g (8.95%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 51.73g (17.24%), Net Carbohydrates: 47.66g (17.33%), Sugar: 12.23g (13.58%), Cholesterol: 20.84mg (6.95%), Sodium: 905.6mg (39.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.26g (32.52%), Manganese: 1.11mg (55.4%), Selenium: 33.86µg (48.36%), Vitamin K: 46.82µg (44.59%), Vitamin B3: 7.89mg (39.45%), Vitamin B1: 0.4mg (26.81%), Phosphorus: 239.26mg (23.93%), Iron: 3.5mg (19.46%), Folate: 77.76µg (19.44%), Vitamin B2: 0.31mg (18.45%), Fiber: 4.07g (16.28%), Vitamin B6: 0.3mg (15.02%), Calcium: 141.76mg (14.18%), Magnesium: 51.88mg (12.97%), Vitamin A: 551.27IU (11.03%), Vitamin C: 8.75mg (10.61%), Potassium: 359.56mg (10.27%), Zinc: 1.38mg (9.17%), Vitamin B5: 0.91mg (9.11%), Copper: 0.17mg (8.53%), Vitamin E: 0.44mg (2.92%), Vitamin B12: 0.16µg (2.62%)