



New Delhi Express

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



537 kcal

Ingredients

- 0.3 cup planters cashew halves with pieces, chopped
- 0.3 tsp curry powder
- 9 oz oscar mayer deli turkey breast smoked fresh
- 1 mangos fresh peeled sliced
- 0.5 cup chutney chopped
- 0.3 cup mayo reduced fat mayonnaise light kraft
- 8 slices sourdough bread

Equipment

Directions

- Mix first 4 ingredients until blended.
- Spread 4 bread slices with chutney mixture.
- Fill bread slices with remaining ingredients to make 4 sandwiches.

Nutrition Facts



Properties

Glycemic Index:40.61, Glycemic Load:55.35, Inflammation Score:-9, Nutrition Score:23.429999973463%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 537.2kcal (26.86%), Fat: 12.14g (18.68%), Saturated Fat: 2.84g (17.74%), Carbohydrates: 82.6g (27.53%), Net Carbohydrates: 78.65g (28.6%), Sugar: 15.07g (16.74%), Cholesterol: 22.65mg (7.55%), Sodium: 2100.52mg (91.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.35g (50.71%), Vitamin B1: 0.96mg (63.92%), Selenium: 38.91µg (55.58%), Folate: 182.46µg (45.62%), Manganese: 0.84mg (42.15%), Iron: 6.39mg (35.5%), Phosphorus: 339.98mg (34%), Vitamin B2: 0.57mg (33.6%), Vitamin B3: 6.61mg (33.04%), Copper: 0.59mg (29.61%), Vitamin C: 23.15mg (28.06%), Vitamin A: 1265.94IU (25.32%), Magnesium: 87.5mg (21.87%), Zinc: 2.41mg (16.05%), Fiber: 3.95g (15.81%), Vitamin K: 13.46µg (12.82%), Potassium: 426.94mg (12.2%), Vitamin B6: 0.23mg (11.69%), Calcium: 83.69mg (8.37%), Vitamin E: 1.14mg (7.61%), Vitamin B5: 0.61mg (6.07%)