



# Open-Faced Sandwich Supreme

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 cups broccoli florets fresh
- 8 ounces deli honey ham sliced
- 8 ounces deli turkey sliced
- 0.9 ounces knorr hollandaise sauce mix
- 4 slices sourdough bread toasted

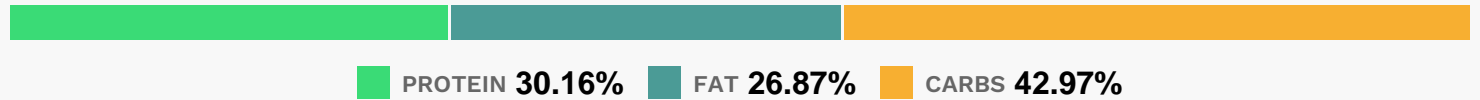
## Equipment

- sauce pan

## Directions

- In a large saucepan, bring 1-in. of water and broccoli to a boil. Reduce heat; cover and simmer for 5–8 minutes or until crisp-tender; drain. Prepare the hollandaise sauce according to package directions.
- Warm turkey and ham if desired; layer over toast. Top with broccoli and sauce.

## Nutrition Facts



## Properties

Glycemic Index:28.13, Glycemic Load:26.49, Inflammation Score:-7, Nutrition Score:24.113478473995%

## Flavonoids

Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 5.35mg, Kaempferol: 5.35mg, Kaempferol: 5.35mg, Kaempferol: 5.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

## Nutrients (% of daily need)

Calories: 410.03kcal (20.5%), Fat: 11.71g (18.01%), Saturated Fat: 3.92g (24.52%), Carbohydrates: 42.12g (14.04%), Net Carbohydrates: 38.94g (14.16%), Sugar: 5.08g (5.65%), Cholesterol: 80.63mg (26.88%), Sodium: 1957.14mg (85.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.57g (59.14%), Vitamin C: 60.88mg (73.79%), Vitamin K: 70.06µg (66.73%), Vitamin B1: 0.84mg (56.24%), Selenium: 32.88µg (46.97%), Phosphorus: 365.12mg (36.51%), Folate: 123.42µg (30.85%), Vitamin B3: 6.05mg (30.25%), Vitamin B2: 0.48mg (28.14%), Manganese: 0.49mg (24.33%), Iron: 4.12mg (22.91%), Vitamin B6: 0.4mg (20.17%), Zinc: 2.75mg (18.32%), Potassium: 568.94mg (16.26%), Copper: 0.32mg (15.98%), Magnesium: 60.89mg (15.22%), Fiber: 3.18g (12.73%), Vitamin B5: 0.86mg (8.64%), Vitamin A: 425.2IU (8.5%), Calcium: 75.56mg (7.56%), Vitamin B12: 0.36µg (6.05%), Vitamin E: 0.87mg (5.81%), Vitamin D: 0.4µg (2.65%)