



Open-faced Turkey Joes

READY IN



55 min.

SERVINGS



6

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz bread loaf french
- ☐ 1 teaspoon onion flakes dried
- ☐ 8 oz mushrooms fresh quartered
- ☐ 1 garlic clove minced
- ☐ 0.5 bell pepper green finely chopped
- ☐ 19.5 oz turkey sausage italian
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 1 oz mozzarella cheese shredded

- ☐ 15.5 oz spaghetti sauce
- ☐ 2 tablespoons tomato paste

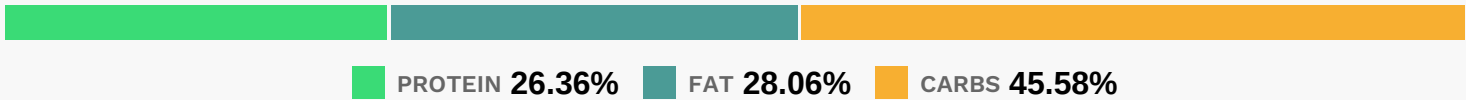
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ dutch oven

Directions

- ☐ Cook sausage in a Dutch oven over medium heat, stirring often, 10 minutes or until meat crumbles and is no longer pink; drain.
- ☐ Add mushrooms and bell pepper; cook over medium heat, stirring frequently, 5 minutes. Stir in next 5 ingredients; bring to a boil. Reduce heat to low, and simmer, stirring occasionally, 20 minutes.
- ☐ Preheat oven to 40
- ☐ Cut bread in half lengthwise.
- ☐ Place bread, cut side up, on an aluminum foil-lined baking sheet.
- ☐ Bake 5 to 6 minutes until toasted.
- ☐ Spoon sausage mixture onto toasted bread, and sprinkle with cheeses.
- ☐ Bake at 400 for 5 to 7 minutes or until cheese is melted and bubbly.
- ☐ Note: For testing purposes only, we used Jennie-O Sweet Lean Italian Turkey Sausage.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:24.68, Inflammation Score:-7, Nutrition Score:24.513478473477%

Flavonoids

Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 357.06kcal (17.85%), Fat: 11.36g (17.47%), Saturated Fat: 4.38g (27.35%), Carbohydrates: 41.51g (13.84%), Net Carbohydrates: 37.47g (13.62%), Sugar: 10.17g (11.3%), Cholesterol: 54.01mg (18%), Sodium: 1646.88mg (71.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.01g (48.01%), Iron: 12.2mg (67.8%), Selenium: 42.41µg (60.59%), Vitamin C: 43.84mg (53.14%), Vitamin B3: 8.44mg (42.2%), Vitamin B2: 0.63mg (37.21%), Vitamin B1: 0.53mg (35.47%), Phosphorus: 319.36mg (31.94%), Vitamin B6: 0.58mg (28.96%), Manganese: 0.52mg (25.77%), Folate: 93.58µg (23.4%), Copper: 0.43mg (21.3%), Zinc: 3.19mg (21.26%), Potassium: 680.09mg (19.43%), Vitamin B5: 1.76mg (17.61%), Fiber: 4.05g (16.19%), Magnesium: 61.35mg (15.34%), Vitamin A: 614.82IU (12.3%), Calcium: 105.11mg (10.51%), Vitamin E: 1.46mg (9.76%), Vitamin B12: 0.54µg (9.03%), Vitamin K: 4.1µg (3.91%)