



Open-Faced Turkey Sandwich with Apple and Havarti

READY IN



45 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices apples cored ()
- ☐ 1 cup arugula trimmed
- ☐ 8 ounce bread
- ☐ 12 ounces deli turkey thinly sliced
- ☐ 4 teaspoons dijon mustard
- ☐ 2 ounces havarti cheese grated
- ☐ 4 teaspoons mayonnaise low-fat
- ☐ 0.5 inch onion red

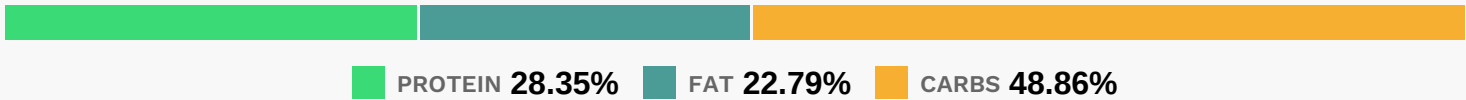
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat broiler with oven rack in middle position.
- ☐ Spread each bread slice with 1 teaspoon mayonnaise and 1 teaspoon mustard.
- ☐ Layer each slice with 1/4 cup arugula, 1 onion slice, 3 ounces turkey, 4 apple slices, and 2 tablespoons cheese.
- ☐ Place sandwiches on a baking sheet; broil 4 minutes or until cheese is bubbly.
- ☐ Remove from heat; sprinkle with pepper, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.42, Glycemic Load:16.51, Inflammation Score:0, Nutrition Score:13.338260775027%

Flavonoids

Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg, Cyanidin: 0.86mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 4.1mg, Epicatechin: 4.1mg, Epicatechin: 4.1mg, Epicatechin: 4.1mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

Nutrients (% of daily need)

Calories: 317.46kcal (15.87%), Fat: 8.15g (12.53%), Saturated Fat: 3.19g (19.95%), Carbohydrates: 39.3g (13.1%), Net Carbohydrates: 35.42g (12.88%), Sugar: 10.69g (11.88%), Cholesterol: 40.33mg (13.44%), Sodium: 1478.97mg (64.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.8g (45.6%), Manganese: 0.74mg (37.04%), Phosphorus: 360.27mg (36.03%), Selenium: 19.35µg (27.65%), Calcium: 181mg (18.1%), Iron: 3.23mg (17.96%), Vitamin B1: 0.26mg (17.43%), Copper: 0.33mg (16.59%), Vitamin B3: 3.28mg (16.39%), Folate: 63.75µg (15.94%), Fiber: 3.88g (15.51%), Magnesium: 57.61mg (14.4%), Zinc: 1.97mg (13.12%), Vitamin B2: 0.21mg (12.44%), Vitamin K: 11.65µg (11.1%), Potassium: 349.78mg (9.99%), Vitamin B5: 0.59mg (5.86%), Vitamin A: 267.98IU (5.36%), Vitamin B6: 0.11mg (5.28%), Vitamin C: 3.48mg (4.22%), Vitamin B12: 0.2µg (3.26%), Vitamin E: 0.43mg (2.86%)