

## Open-Faced Turkey Sandwiches

READY IN



30 min.

SERVINGS



4

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound deli turkey thinly sliced
- 0.3 cup parsley fresh minced
- 2 garlic clove minced
- 1 teaspoon seasoning italian
- 1 tablespoon juice of lemon
- 1 tablespoon olive oil
- 0.3 cup onion chopped
- 1 Dash pepper
- 4 sandwich rolls split

- 4 ounces mozzarella cheese shredded
- 1 tablespoon worcestershire sauce

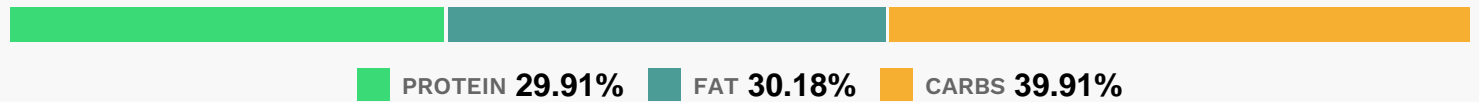
## Equipment

- frying pan
- oven

## Directions

- In a skillet, saute the onion, garlic and Italian seasoning in oil.
- Add parsley, lemon juice, Worcestershire sauce and pepper; spread on cut sides of rolls. Top with turkey; sprinkle with cheese.
- Bake at 350° for 8-10 minutes or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:38.25, Glycemic Load:0.63, Inflammation Score:-6, Nutrition Score:17.045652348062%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

## Nutrients (% of daily need)

Calories: 392.66kcal (19.63%), Fat: 13.16g (20.25%), Saturated Fat: 4.81g (30.07%), Carbohydrates: 39.18g (13.06%), Net Carbohydrates: 37.25g (13.55%), Sugar: 4.38g (4.87%), Cholesterol: 58.68mg (19.56%), Sodium: 1897.91mg (82.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.35g (58.7%), Vitamin K: 67.87µg (64.64%), Phosphorus: 432.41mg (43.24%), Selenium: 27.44µg (39.2%), Calcium: 233.65mg (23.36%), Iron: 3.97mg (22.07%), Copper: 0.41mg (20.37%), Vitamin B1: 0.3mg (19.87%), Manganese: 0.35mg (17.38%), Vitamin B2: 0.29mg (17.03%), Folate: 66.69µg (16.67%), Zinc: 2.44mg (16.28%), Magnesium: 57.43mg (14.36%), Vitamin B3: 2.58mg (12.89%),

Potassium: 406.36mg (11.61%), Vitamin B12: 0.65µg (10.77%), Vitamin A: 520.17IU (10.4%), Vitamin C: 8.46mg (10.25%), Fiber: 1.92g (7.69%), Vitamin E: 0.93mg (6.2%), Vitamin B6: 0.08mg (3.77%), Vitamin B5: 0.32mg (3.24%)