



Open-Faced Turkey Sandwiches With Cranberry Chutney

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



186 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups baby spinach
- ☐ 4 teaspoons honey dijon mustard
- ☐ 4 teaspoons mayonnaise light
- ☐ 4 teaspoons cranberries
- ☐ 12 ounces deli- turkey thinly sliced
- ☐ 4 slices bread whole wheat

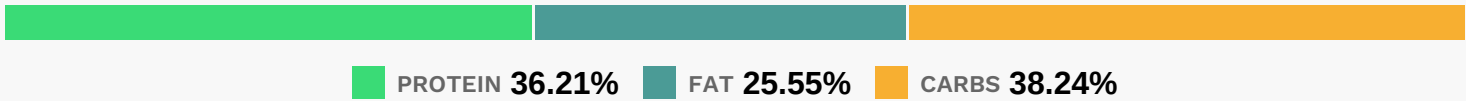
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat broiler (with oven rack in middle position).
- ☐ On each slice of bread, spread 1 teaspoon mayonnaise and then spread 1 teaspoon of honey Dijon mustard.
- ☐ Layer each slice with 1/4 of the baby spinach, 3 ounces of turkey, and a slice of Swiss cheese.
- ☐ Place sandwiches on a baking sheet and put in the oven. Broil 2 minutes or until the cheese has melted.
- ☐ Remove from heat; top each sandwich with a teaspoon of cranberry chutney or relish, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.67, Glycemic Load:7.48, Inflammation Score:-7, Nutrition Score:14.756521883218%

Flavonoids

Cyanidin: 2.29mg, Cyanidin: 2.29mg, Cyanidin: 2.29mg, Cyanidin: 2.29mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.42mg, Peonidin: 2.42mg, Peonidin: 2.42mg, Peonidin: 2.42mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 185.65kcal (9.28%), Fat: 5.14g (7.91%), Saturated Fat: 1.12g (7.01%), Carbohydrates: 17.31g (5.77%), Net Carbohydrates: 15.2g (5.53%), Sugar: 3.41g (3.79%), Cholesterol: 42.31mg (14.1%), Sodium: 956.8mg (41.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.39g (32.78%), Vitamin K: 58.92µg (56.11%), Vitamin B3: 7.41mg (37.04%), Manganese: 0.73mg (36.39%), Phosphorus: 277.79mg (27.78%), Selenium: 18.5µg (26.43%), Vitamin B6: 0.43mg (21.7%), Vitamin A: 1061.51IU (21.23%), Potassium: 453.49mg (12.96%), Magnesium: 46.98mg (11.75%), Vitamin B2: 0.19mg (11.3%), Vitamin B1: 0.15mg (10.1%), Folate: 37.2µg (9.3%), Zinc: 1.36mg (9.06%), Fiber: 2.1g (8.42%), Iron: 1.4mg (7.75%), Calcium: 69.32mg (6.93%), Vitamin B12: 0.31µg (5.24%), Copper: 0.1mg (5.09%), Vitamin B5: 0.47mg (4.73%), Vitamin C: 3.85mg (4.67%), Vitamin E: 0.64mg (4.29%), Vitamin D: 0.17µg (1.13%)