



Pancetta-Arugula-Turkey Sandwiches

READY IN



15 min.

SERVINGS



6

CALORIES



707 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

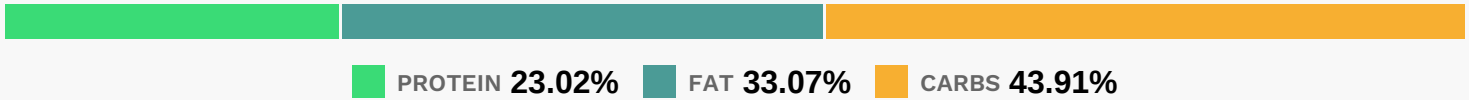
- ☐ 2 cups arugula loosely packed
- ☐ 5 ounces ripened cheese blue soft
- ☐ 12 slices pancetta cooked
- ☐ 12 slices multigrain sourdough bakery bread
- ☐ 1.5 pounds roasted turkey sliced
- ☐ 0.5 cup whole-berry cranberry sauce
- ☐ 0.3 cup grain dijon mustard whole

Equipment

Directions

- ☐ Spread 1 side of 6 bread slices with blue cheese.
- ☐ Layer with turkey, cranberry sauce, pancetta, and arugula.
- ☐ Spread 1 side of remaining 6 bread slices with mustard, and place, mustard sides down, on arugula.
- ☐ Note: We tested with Saga Classic Soft-Ripened Blue-Veined Cheese.
- ☐ Bacon-Horseradish-Turkey Sandwiches: Substitute 6 split croissants for bread, 6 Havarti cheese slices for blue cheese, 6 cooked bacon slices for pancetta, and peach preserves for cranberry sauce. Stir 1 Tbsp. refrigerated horseradish into peach preserves. Proceed as directed.

Nutrition Facts



Properties

Glycemic Index:28.58, Glycemic Load:51.44, Inflammation Score:-7, Nutrition Score:28.651304742564%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 706.93kcal (35.35%), Fat: 25.96g (39.94%), Saturated Fat: 10.03g (62.67%), Carbohydrates: 77.56g (25.85%), Net Carbohydrates: 73.94g (26.89%), Sugar: 13.78g (15.32%), Cholesterol: 94.17mg (31.39%), Sodium: 1434.87mg (62.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.66g (81.32%), Selenium: 66.45µg (94.93%), Vitamin B1: 1.06mg (70.51%), Vitamin B3: 13.78mg (68.91%), Vitamin B2: 0.83mg (48.58%), Folate: 179.01µg (44.75%), Phosphorus: 429.09mg (42.91%), Manganese: 0.76mg (38.21%), Vitamin B6: 0.75mg (37.41%), Iron: 6.24mg (34.68%), Zinc: 3.83mg (25.52%), Vitamin B12: 1.41µg (23.51%), Calcium: 219.46mg (21.95%), Magnesium: 78.46mg (19.62%), Vitamin B5: 1.7mg (17.05%), Copper: 0.3mg (14.83%), Fiber: 3.63g (14.5%), Potassium: 492.72mg (14.08%), Vitamin K: 9.21µg (8.77%), Vitamin A: 411.07IU (8.22%), Vitamin E: 0.8mg (5.35%), Vitamin D: 0.47µg (3.14%), Vitamin C: 1.27mg (1.55%)