



Pesto Turkey Club

 Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



406 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

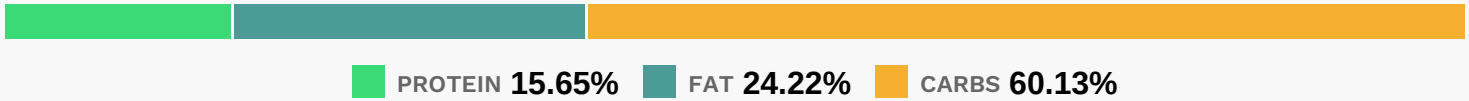
- ☐ 1 apples
- ☐ 2 teaspoons basil pesto prepared
- ☐ 2 slices pumpernickel bread
- ☐ 2 the of 1 cos lettuce
- ☐ 4 slices tomatoes
- ☐ 1 ounce deli- turkey sliced
- ☐ 1 slice at least of turkey bacon cooked

Equipment

Directions

- ☐ Spread pesto on bread. Top 1 bread slice with turkey, bacon, lettuce, tomato, and remaining bread slice.
- ☐ Serve with apple.

Nutrition Facts



Properties

Glycemic Index:126, Glycemic Load:22.44, Inflammation Score:-10, Nutrition Score:26.980434635411%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg

Nutrients (% of daily need)

Calories: 405.83kcal (20.29%), Fat: 11.35g (17.46%), Saturated Fat: 2.44g (15.25%), Carbohydrates: 63.42g (21.14%), Net Carbohydrates: 52.26g (19%), Sugar: 23.35g (25.95%), Cholesterol: 28.41mg (9.47%), Sodium: 1061.12mg (46.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.5g (33%), Vitamin A: 6077.12IU (121.54%), Vitamin K: 71.44µg (68.04%), Manganese: 1.11mg (55.63%), Fiber: 11.16g (44.64%), Folate: 159.73µg (39.93%), Selenium: 23.2µg (33.14%), Phosphorus: 311.65mg (31.17%), Vitamin C: 25.41mg (30.8%), Vitamin B3: 5.48mg (27.41%), Potassium: 882.62mg (25.22%), Vitamin B1: 0.34mg (22.64%), Vitamin B6: 0.44mg (22.21%), Vitamin B2: 0.38mg (22.07%), Iron: 3.36mg (18.68%), Magnesium: 72.83mg (18.21%), Copper: 0.35mg (17.56%), Zinc: 2.02mg (13.49%), Calcium: 105.05mg (10.5%), Vitamin E: 1.43mg (9.56%), Vitamin B5: 0.63mg (6.31%), Vitamin B12: 0.16µg (2.59%)