

## Picnic Basket Baguettes

READY IN



15 min.

SERVINGS



4

CALORIES



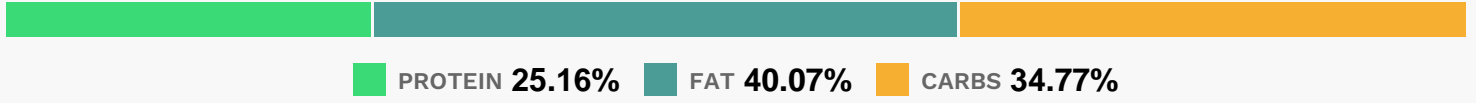
417 kcal

### Ingredients

- 8 ounces turkey breast smoked boneless fully cooked sliced
- 8 ounce approx cream cheese spread soft-style
- 1 tablespoon juice of lemon
- 0.3 teaspoon lemon pepper
- 1 tablespoon dijon mustard dijon-style
- 7 ounce bell pepper sweet green red drained sliced (or 2 and or or peppers roasted and )
- 8 ounces sourdough bread french (baguette)
- 1 cup pkt spinach
- 2 ounces provolone cheese

# Equipment

## Nutrition Facts



### Properties

Glycemic Index:53.38, Glycemic Load:22.97, Inflammation Score:-8, Nutrition Score:21.291304347826%

### 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 Luteolin: 2.39mg, Luteolin: 2.39mg, Luteolin: 2.39mg, Luteolin: 2.39mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

### Nutrients (% of daily need)

Calories: 416.93kcal (20.85%), Fat: 18.62g (28.65%), Saturated Fat: 10.83g (67.7%), Carbohydrates: 36.36g (12.12%), Net Carbohydrates: 33.9g (12.33%), Sugar: 5.86g (6.51%), Cholesterol: 75.55mg (25.18%), Sodium: 872.99mg (37.96%), Protein: 26.31g (52.61%), Vitamin C: 43.46mg (52.68%), Selenium: 32.5µg (46.43%), Vitamin B3: 8.7mg (43.5%), Vitamin K: 40.87µg (38.92%), Vitamin B6: 0.64mg (32.04%), Vitamin A: 1565.13IU (31.3%), Vitamin B1: 0.47mg (31.08%), Phosphorus: 281.8mg (28.18%), Folate: 95.67µg (23.92%), Vitamin B2: 0.4mg (23.6%), Manganese: 0.46mg (23.12%), Calcium: 228.15mg (22.81%), Iron: 3.04mg (16.91%), Zinc: 1.92mg (12.77%), Magnesium: 49.41mg (12.35%), Potassium: 362.93mg (10.37%), Fiber: 2.46g (9.84%), Vitamin B12: 0.56µg (9.4%), Copper: 0.17mg (8.34%), Vitamin B5: 0.77mg (7.68%), Vitamin E: 0.54mg (3.61%)