



Roast Turkey Sandwich with Artichoke Tapenade, Caramelized Onions and Roasted Red Peppers



Dairy Free



Popular

READY IN



35 min.

SERVINGS



2

CALORIES



375 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 tablespoons artichoke tapenade
- ☐ 1 handful baby spinach
- ☐ 4 slices bread cut in half
- ☐ 2 tablespoons mayo
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion sliced

- ☐ 4 slices roast turkey
- ☐ 1 large roasted pepper red cut in half
- ☐ 0.3 cup water

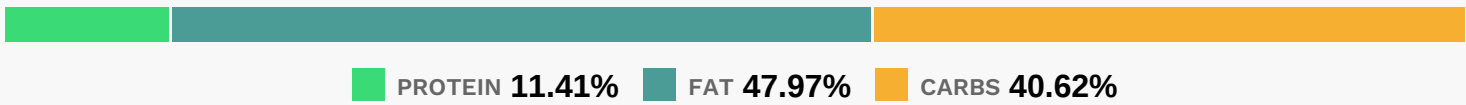
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan over medium heat.
- ☐ Add the onions and water and cook until completely tender and caramelized and golden, about 20–30 minutes, adding more water as needed.
- ☐ Spread the artichoke tapenade on 2 slices bread, top with roast turkey, roasted red peppers spinach and the remaining slices of bread with mayo.

Nutrition Facts



Properties

Glycemic Index:99.83, Glycemic Load:16.43, Inflammation Score:-9, Nutrition Score:20.283912916546%

Flavonoids

Naringenin: 3.7mg, Naringenin: 3.7mg, Naringenin: 3.7mg, Naringenin: 3.7mg Apigenin: 2.23mg, Apigenin: 2.23mg, Apigenin: 2.23mg, Apigenin: 2.23mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 15.82mg, Quercetin: 15.82mg, Quercetin: 15.82mg, Quercetin: 15.82mg

Nutrients (% of daily need)

Calories: 374.64kcal (18.73%), Fat: 20.35g (31.31%), Saturated Fat: 3.09g (19.29%), Carbohydrates: 38.78g (12.93%), Net Carbohydrates: 33.12g (12.04%), Sugar: 7.1g (7.88%), Cholesterol: 11mg (3.67%), Sodium: 842.03mg (36.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.9g (21.79%), Vitamin K: 106.9µg (101.81%), Manganese: 1.01mg (50.26%), Vitamin A: 1518.31IU (30.37%), Folate: 114.72µg (28.68%), Vitamin C: 21.94mg (26.59%), Selenium: 17.09µg (24.41%), Fiber: 5.66g (22.66%), Vitamin B1: 0.3mg (20.25%), Vitamin B3: 3.74mg (18.69%), Iron: 3.35mg (18.63%), Phosphorus: 171.72mg (17.17%), Magnesium: 66.84mg (16.71%), Copper: 0.27mg (13.57%), Vitamin E: 1.95mg (13%), Vitamin B2: 0.22mg (12.79%), Potassium: 444.26mg (12.69%), Calcium: 126.53mg (12.65%), Vitamin B6: 0.25mg

(12.49%), Zinc: 1.13mg (7.53%), Vitamin B5: 0.69mg (6.92%)