



Roasted Turkey Sandwiches

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup salad dressing
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 8 slices sourdough bread
- ☐ 8 large pkt spinach
- ☐ 0.5 lb chicken breast meat sliced
- ☐ 0.5 cup roasted peppers red drained chopped (from 7-oz jar)

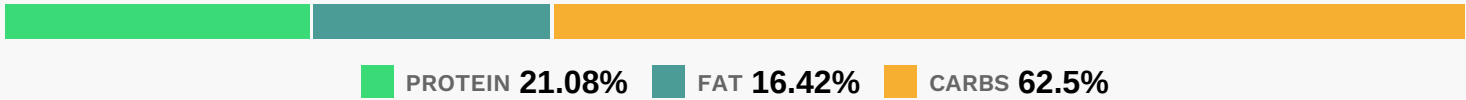
Equipment

☐ bowl

Directions

- ☐ In small bowl, mix mayonnaise, basil and garlic powder.
- ☐ Spread on one side of each bread slice.
- ☐ Layer spinach, turkey and bell peppers on 4 slices of bread. Top with remaining bread.

Nutrition Facts



Properties

Glycemic Index:29.38, Glycemic Load:51.23, Inflammation Score:-7, Nutrition Score:23.57956512078%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 457.29kcal (22.86%), Fat: 8.39g (12.9%), Saturated Fat: 1.61g (10.04%), Carbohydrates: 71.83g (23.94%), Net Carbohydrates: 68.36g (24.86%), Sugar: 8.48g (9.43%), Cholesterol: 28.92mg (9.64%), Sodium: 1791.05mg (77.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.23g (48.46%), Selenium: 44.63µg (63.76%), Vitamin B1: 0.95mg (63.17%), Vitamin B3: 11.49mg (57.47%), Folate: 171.28µg (42.82%), Manganese: 0.83mg (41.75%), Vitamin K: 38.67µg (36.83%), Vitamin B2: 0.61mg (35.77%), Iron: 6.38mg (35.44%), Phosphorus: 291.05mg (29.11%), Vitamin B6: 0.45mg (22.67%), Magnesium: 67.44mg (16.86%), Fiber: 3.46g (13.86%), Copper: 0.26mg (12.85%), Potassium: 435.57mg (12.44%), Zinc: 1.75mg (11.69%), Calcium: 107.05mg (10.7%), Vitamin C: 8.79mg (10.65%), Vitamin B5: 1mg (9.98%), Vitamin E: 1.03mg (6.85%), Vitamin A: 298.13IU (5.96%), Vitamin B12: 0.08µg (1.32%)