

sack



## Sack Lunch: Turkey and Coleslaw Sandwich



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 pounds turkey breast boneless
- ☐ 0.5 teaspoon caraway seeds
- ☐ 2 carrots grated peeled
- ☐ 6 servings coarse salt
- ☐ 1 teaspoon dijon mustard
- ☐ 0.5 cup mayonnaise
- ☐ 6 servings olive oil
- ☐ 1 small onion minced

- ☐ 6 servings bell pepper
- ☐ 2 pounds cabbage shredded green red cored (12 to 14 cups)
- ☐ 6 servings salt
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons vinegar white

## Equipment

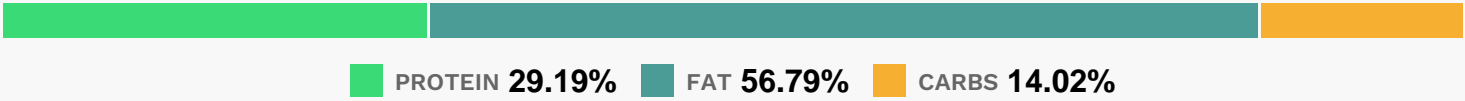
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ colander

## Directions

- ☐ Toss the cabbage with 1 teaspoon salt and allow to sit in a colander for at least 1 hour or up to 4 hours. Meanwhile, toast the caraway seeds in a small skillet over medium heat until fragrant, about 3 minutes. Rinse the cabbage, then pat thoroughly dry with paper towels.
- ☐ Whisk the toasted caraway seeds, mayonnaise, vinegar, mustard, sugar, and 1/4 teaspoon pepper together in a bowl large enough to hold the salad.
- ☐ Add the cabbage, carrots, and onion and toss. Chill for at least 1 hour before serving. Season with salt and pepper to taste.
- ☐ Roast Turkey for Sandwiches
- ☐ - makes 8 sandwiches -
- ☐ Preheat the oven to 350°F.
- ☐ Put the turkey on a baking sheet, rub it all over with olive oil, and season generously and evenly with salt and pepper. When the oven is hot, roast the turkey to an internal temperature of about 160°F. This should take about 45 minutes, but start checking with a meat

thermometer at 30 minutes. Allow the cooked roast to rest for at least 15 minutes before slicing thinly. The turkey will be much easier to slice thinly when it has cooled completely and been refrigerated for a while.

## Nutrition Facts



### Properties

Glycemic Index:58.65, Glycemic Load:4.54, Inflammation Score:-10, Nutrition Score:35.544782669648%

### Flavonoids

Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

### Nutrients (% of daily need)

Calories: 478.17kcal (23.91%), Fat: 30.96g (47.63%), Saturated Fat: 4.66g (29.14%), Carbohydrates: 17.2g (5.73%), Net Carbohydrates: 10.99g (4%), Sugar: 10.29g (11.43%), Cholesterol: 89.49mg (29.83%), Sodium: 871.86mg (37.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.81g (71.61%), Vitamin C: 152.8mg (185.21%), Vitamin K: 160.16µg (152.53%), Vitamin A: 5921.46IU (118.43%), Vitamin B3: 16.31mg (81.56%), Vitamin B6: 1.62mg (81.04%), Selenium: 35.69µg (50.99%), Phosphorus: 431.99mg (43.2%), Folate: 116.96µg (29.24%), Vitamin E: 4.27mg (28.44%), Potassium: 869.8mg (24.85%), Fiber: 6.21g (24.85%), Vitamin B2: 0.36mg (21.34%), Manganese: 0.39mg (19.55%), Vitamin B5: 1.83mg (18.33%), Magnesium: 69.57mg (17.39%), Zinc: 2.54mg (16.91%), Vitamin B12: 0.97µg (16.25%), Vitamin B1: 0.21mg (13.68%), Iron: 2.1mg (11.64%), Calcium: 100.13mg (10.01%), Copper: 0.14mg (7%), Vitamin D: 0.19µg (1.26%)