



Smoked Gouda, Turkey and Arugula Sandwiches

READY IN



5 min.

SERVINGS



5

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 oz arugula
- ☐ 4 ounces gouda cheese smoked thinly sliced
- ☐ 0.3 cup grainy mustard
- ☐ 8 slices sourdough bread with crusts
- ☐ 12 ounces turkey thinly sliced

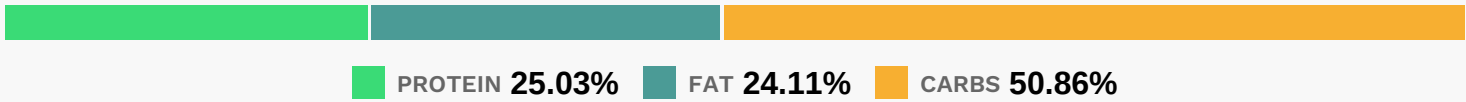
Equipment

- ☐ aluminum foil

Directions

- ☐
- Spread mustard evenly over one side of four bread slices. Divide turkey and Gouda among mustard-topped bread. Mound arugula on top. Top each with one of the remaining bread slices, pressing down to compact.
- ☐
- Cut in half diagonally and wrap in plastic or foil.

Nutrition Facts



Properties

Glycemic Index:34.3, Glycemic Load:41.23, Inflammation Score:-7, Nutrition Score:22.080434731815%

Flavonoids

Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg, Isorhamnetin: 0.49mg Kaempferol: 3.96mg, Kaempferol: 3.96mg, Kaempferol: 3.96mg, Kaempferol: 3.96mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 444.35kcal (22.22%), Fat: 11.89g (18.3%), Saturated Fat: 5.2g (32.51%), Carbohydrates: 56.44g (18.81%), Net Carbohydrates: 53.29g (19.38%), Sugar: 6.32g (7.02%), Cholesterol: 59.19mg (19.73%), Sodium: 1598.84mg (69.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.77g (55.55%), Selenium: 47.1µg (67.28%), Vitamin B1: 0.8mg (53.07%), Vitamin B3: 9.94mg (49.71%), Phosphorus: 424.59mg (42.46%), Vitamin B2: 0.63mg (37.2%), Folate: 145.6µg (36.4%), Manganese: 0.65mg (32.68%), Iron: 4.77mg (26.52%), Calcium: 250.13mg (25.01%), Vitamin B6: 0.43mg (21.32%), Zinc: 2.75mg (18.32%), Magnesium: 65.57mg (16.39%), Potassium: 466.42mg (13.33%), Vitamin K: 13.85µg (13.19%), Fiber: 3.15g (12.59%), Copper: 0.2mg (10.05%), Vitamin B12: 0.6µg (10.02%), Vitamin A: 408.57IU (8.17%), Vitamin B5: 0.72mg (7.24%), Vitamin E: 0.46mg (3.1%), Vitamin C: 1.77mg (2.14%), Vitamin D: 0.25µg (1.66%)