



Smoked Turkey and Avocado Baguette

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



442 kcal

Ingredients

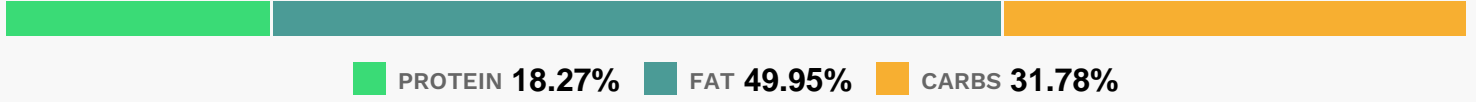
- 1 baguette
- 1 cup guacamole store-bought
- 0.3 teaspoon kosher salt
- 0.3 cup mayonnaise
- 0.8 pound turkey smoked thinly sliced

Equipment

Directions

- Cut the baguette into 4 portions. Slice each portion in half lengthwise.
- Spread both cut sides with mayonnaise. Arrange the turkey on each bottom baguette and top with the guacamole. Season with the salt and pepper.
- Add the lettuce, then put the sandwiches together.

Nutrition Facts



Properties

Glycemic Index:40.44, Glycemic Load:21.13, Inflammation Score:-5, Nutrition Score:18.213043601617%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 442.22kcal (22.11%), Fat: 24.77g (38.11%), Saturated Fat: 4.19g (26.2%), Carbohydrates: 35.47g (11.82%), Net Carbohydrates: 29.97g (10.9%), Sugar: 3.46g (3.84%), Cholesterol: 49.36mg (16.45%), Sodium: 692.5mg (30.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.38g (40.77%), Vitamin B3: 8.53mg (42.66%), Vitamin K: 37.82µg (36.02%), Selenium: 24.18µg (34.55%), Folate: 122.43µg (30.61%), Vitamin B6: 0.59mg (29.42%), Vitamin B1: 0.44mg (29.07%), Vitamin B2: 0.4mg (23.31%), Fiber: 5.5g (22%), Phosphorus: 205.32mg (20.53%), Manganese: 0.39mg (19.37%), Iron: 3.05mg (16.94%), Vitamin B5: 1.62mg (16.18%), Potassium: 518.72mg (14.82%), Zinc: 1.99mg (13.27%), Vitamin E: 1.99mg (13.26%), Vitamin B12: 0.75µg (12.56%), Magnesium: 49.61mg (12.4%), Copper: 0.24mg (12.18%), Calcium: 80.98mg (8.1%), Vitamin C: 6.25mg (7.58%), Vitamin A: 134.17IU (2.68%), Vitamin D: 0.21µg (1.39%)