



WHATSheATE



Smoked Turkey, Blue Cheese, and Red Onion Sandwiches

READY IN



20 min.

SERVINGS



4

CALORIES



574 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces arugula divided trimmed
- ☐ 0.8 cup cheese blue crumbled (such as Maytag; 3 ounces)
- ☐ 8.3 inch ciabatta rolls seeded (such as La Brea Bakery)
- ☐ 0.8 cup mayonnaise
- ☐ 1.5 tablespoons olive oil
- ☐ 16 ounce onion red cut into 1/3-inch-thick rounds
- ☐ 3.5 tablespoons red wine vinegar
- ☐ 12 ounces turkey smoked thinly sliced

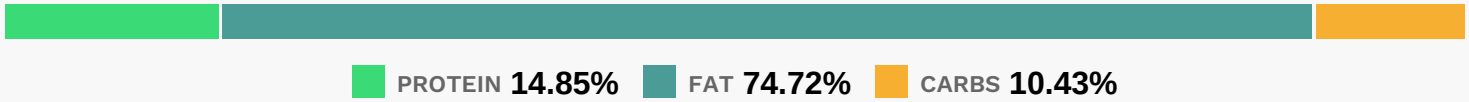
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat oil in large nonstick skillet overmedium-high heat.
- ☐ Add onions and sautéuntil soft and lightly browned, breaking uponion rings, about 8 minutes.
- ☐ Remove fromheat; stir in vinegar and season to taste withsalt and pepper.
- ☐ Chop enough arugula to measure 1 cup;place in medium bowl.
- ☐ Mix in mayonnaise.Season with salt and pepper.
- ☐ Spread about1 1/2 tablespoons arugula mayonnaise overeach cut side of bread. Divide turkey slicesamong 4 bread slices. Top with crumbled bluecheese, dividing equally. Top with red onions,then whole arugula leaves and bread.
- ☐ Calories (kcal)708.45;%Calories from Fat 62.5;Fat (g) 49.23;Saturated Fat (g) 10.03;Cholesterol (mg) 66.69;Carbohydrates (g) 39.43; Dietary Fiber (g) 5.76;Total Sugars (g) 6.84;Net Carbs (g) 33.67;Protein (g) 27.35
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:2.8, Inflammation Score:-8, Nutrition Score:18.509565446688%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 6.9mg, Isorhamnetin: 6.9mg, Isorhamnetin: 6.9mg, Isorhamnetin: 6.9mg Kaempferol: 10.63mg, Kaempferol: 10.63mg, Kaempferol: 10.63mg, Kaempferol: 10.63mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 25.27mg, Quercetin: 25.27mg, Quercetin: 25.27mg, Quercetin: 25.27mg

Nutrients (% of daily need)

Calories: 573.56kcal (28.68%), Fat: 47.67g (73.34%), Saturated Fat: 11.35g (70.92%), Carbohydrates: 14.98g (4.99%), Net Carbohydrates: 12.54g (4.56%), Sugar: 5.79g (6.43%), Cholesterol: 80.1mg (26.7%), Sodium: 664.7mg (28.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.32g (42.64%), Vitamin K: 103.58µg (98.65%), Vitamin B6: 0.56mg (28.19%), Phosphorus: 265.96mg (26.6%), Selenium: 18.15µg (25.93%), Vitamin B3: 5.08mg (25.42%), Calcium: 215.93mg (21.59%), Vitamin A: 929.25IU (18.59%), Vitamin B12: 1.1µg (18.27%), Folate: 64.48µg (16.12%), Vitamin E: 2.4mg (15.97%), Vitamin B2: 0.27mg (15.96%), Vitamin C: 12.71mg (15.41%), Zinc: 2.14mg (14.27%), Potassium: 483.8mg (13.82%), Manganese: 0.26mg (12.79%), Vitamin B5: 1.26mg (12.63%), Magnesium: 46.53mg (11.63%), Fiber: 2.44g (9.76%), Iron: 1.43mg (7.92%), Vitamin B1: 0.11mg (7.01%), Copper: 0.13mg (6.58%), Vitamin D: 0.39µg (2.61%)