



Smoked Turkey, Brie, Green Apple, and Watercress Sandwich

READY IN



45 min.

SERVINGS



4

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 8 ounce bread baguette french
- ☐ 0.3 pound brie cheese thinly sliced
- ☐ 1 cup apples i use 2 granny smith apples peeled thinly sliced
- ☐ 1.5 tablespoons honey
- ☐ 1.5 tablespoons mustard
- ☐ 1 cup watercress trimmed
- ☐ 6 ounces turkey breast smoked thinly sliced

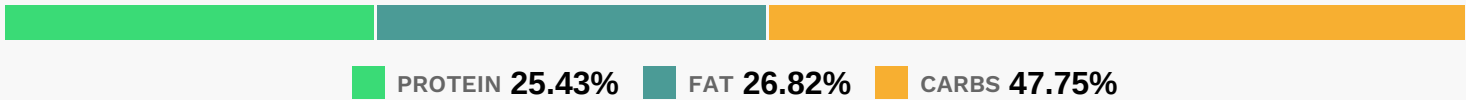
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Combine honey and mustard in a small bowl.
- ☐ Cut bread in half lengthwise; place on a baking sheet.
- ☐ Spread honey mixture on bottom half of loaf; top with turkey and cheese.
- ☐ Bake at 350 for 5 minutes or until cheese begins to melt.
- ☐ Arrange watercress and apple slices onto melted cheese; sprinkle with pepper. Cover with top half of loaf, and cut into 4 portions.

Nutrition Facts



Properties

Glycemic Index:71.94, Glycemic Load:27.29, Inflammation Score:-6, Nutrition Score:15.828260805296%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg, Kaempferol: 2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 336.57kcal (16.83%), Fat: 10.18g (15.67%), Saturated Fat: 5.38g (33.64%), Carbohydrates: 40.8g (13.6%), Net Carbohydrates: 38.49g (14%), Sugar: 12.58g (13.98%), Cholesterol: 51.31mg (17.1%), Sodium: 673.25mg (29.27%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.73g (43.45%), Selenium: 32.03µg (45.76%), Vitamin B3: 7.15mg (35.74%), Vitamin B1: 0.46mg (30.67%), Vitamin B2: 0.48mg (28.02%), Vitamin B6: 0.49mg (24.33%), Folate: 93.41µg (23.35%), Phosphorus: 228.21mg (22.82%), Vitamin K: 23.17µg (22.07%), Manganese: 0.38mg (18.96%), Iron: 2.77mg (15.4%), Zinc: 1.89mg (12.62%), Vitamin B12: 0.74µg (12.26%), Calcium: 103.97mg (10.4%), Magnesium: 40.76mg (10.19%), Vitamin A: 468.78IU (9.38%), Fiber: 2.31g (9.25%), Potassium: 287.19mg (8.21%), Vitamin B5: 0.78mg (7.83%), Copper: 0.14mg (6.82%), Vitamin C: 5.15mg (6.25%), Vitamin E: 0.37mg (2.49%), Vitamin D: 0.18µg (1.23%)