



Smoked Turkey, Mozzarella, and Blackberry Sandwiches

READY IN



45 min.

SERVINGS



6

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

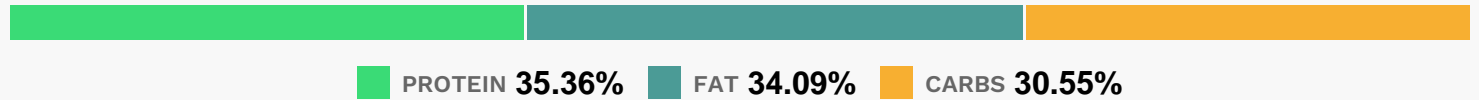
- 0.3 cup balsamic vinegar
- 2 cups blackberries fresh
- 3 tablespoons sage dried fresh minced crushed
- 1 teaspoon juice of lemon
- 0.5 pound mozzarella cheese smoked
- 2 teaspoons sugar
- 2 pounds turkey smoked
- 12 slices wheat sandwich bread white toasted

Equipment

Directions

- Toss together blackberries and next 3 ingredients; let mixture stand 30 minutes.
- Layer turkey and cheese slices evenly on 6 bread slices. Spoon blackberry mixture evenly over cheese, and sprinkle with sage. Top with remaining bread slices.

Nutrition Facts



Properties

Glycemic Index:40.3, Glycemic Load:17.36, Inflammation Score:-7, Nutrition Score:26.649565282075%

Flavonoids

Cyanidin: 47.98mg, Cyanidin: 47.98mg, Cyanidin: 47.98mg, Cyanidin: 47.98mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 17.79mg, Catechin: 17.79mg, Catechin: 17.79mg, Catechin: 17.79mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 448.58kcal (22.43%), Fat: 16.86g (25.94%), Saturated Fat: 7.03g (43.92%), Carbohydrates: 33.98g (11.33%), Net Carbohydrates: 27.67g (10.06%), Sugar: 8.75g (9.72%), Cholesterol: 107.15mg (35.72%), Sodium: 613.1mg (26.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.34g (78.69%), Manganese: 1.58mg (79%), Selenium: 43.98µg (62.82%), Vitamin B3: 11.08mg (55.4%), Phosphorus: 463.21mg (46.32%), Vitamin B6: 0.82mg (40.98%), Vitamin B12: 2.17µg (36.19%), Calcium: 328.3mg (32.83%), Vitamin K: 31.89µg (30.37%), Zinc: 4.31mg (28.76%), Fiber: 6.31g (25.24%), Vitamin B2: 0.41mg (24.4%), Magnesium: 93.15mg (23.29%), Vitamin B1: 0.3mg (19.94%), Iron: 3.21mg (17.81%), Copper: 0.3mg (15.2%), Potassium: 514.4mg (14.7%), Vitamin B5: 1.44mg (14.42%), Vitamin C: 10.73mg (13%), Folate: 48.59µg (12.15%), Vitamin A: 479.09IU (9.58%), Vitamin E: 1.11mg (7.39%), Vitamin D: 0.47µg (3.15%)