



## Smoked Turkey Sandwich with Rosemary Marmalade

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



711 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons rosemary fresh chopped
- 2 medium heirloom sliced
- 0.7 cup mayonnaise
- 8 slices grain bread whole
- 0.3 cup orange marmalade
- 8 small romaine leaves loosely packed
- 4 servings salt and cracked pepper to taste

- 3 large shallots thinly sliced
- 1 pound turkey smoked sliced
- 4 servings vegetable oil

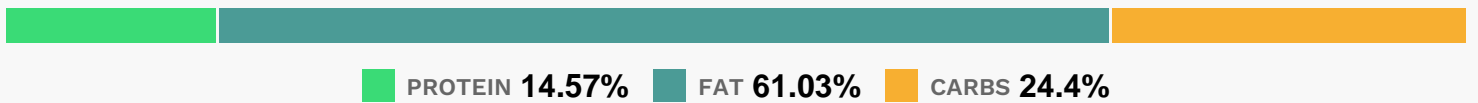
## Equipment

- bowl
- paper towels
- sauce pan

## Directions

- Combine first 3 ingredients in a small bowl. Season with salt and cracked pepper to taste. Set aside.
- Pour oil to depth of 1 inch in a medium saucepan; heat to 32
- Fry shallots 2 to 3 minutes or until crispy and golden.
- Drain on paper towels; season with salt to taste.
- Spread marmalade mixture evenly over 1 side of 4 bread slices. Top marmalade mixture with tomato slices. Top remaining 4 bread slices with lettuce and turkey; sprinkle with fried shallots.
- Combine sandwich halves.

## Nutrition Facts



## Properties

Glycemic Index:46.92, Glycemic Load:15.67, Inflammation Score:-10, Nutrition Score:29.790000096611%

## Flavonoids

Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

## Nutrients (% of daily need)

Calories: 711.26kcal (35.56%), Fat: 48.71g (74.93%), Saturated Fat: 8.12g (50.78%), Carbohydrates: 43.82g (14.61%), Net Carbohydrates: 38.16g (13.88%), Sugar: 17.69g (19.65%), Cholesterol: 73.65mg (24.55%), Sodium: 792.52mg (34.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.16g (52.32%), Vitamin K: 150.97µg (143.78%), Vitamin A: 5221.48IU (104.43%), Manganese: 1.39mg (69.49%), Selenium: 33.03µg (47.18%), Vitamin B3: 9.03mg (45.16%), Vitamin B6: 0.74mg (37.06%), Phosphorus: 310.22mg (31.02%), Folate: 120.06µg (30.02%), Fiber: 5.66g (22.62%), Vitamin B1: 0.33mg (21.69%), Vitamin E: 3mg (20.03%), Magnesium: 79.26mg (19.81%), Zinc: 2.74mg (18.27%), Vitamin B2: 0.3mg (17.72%), Potassium: 610mg (17.43%), Iron: 3.09mg (17.19%), Vitamin B12: 1.03µg (17.12%), Calcium: 139.52mg (13.95%), Copper: 0.28mg (13.78%), Vitamin B5: 1.27mg (12.66%), Vitamin C: 8.96mg (10.86%), Vitamin D: 0.32µg (2.11%)