



Smoked Turkey Sandwiches with Orange Cranberry Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 8 slices bread whole toasted
- ☐ 1.5 teaspoons orange zest grated
- ☐ 2 teaspoons sugar
- ☐ 1 medium size onion sweet thinly sliced (such as Maui)
- ☐ 1 bunch watercress thick trimmed

- ☐ 8 ounces turkey breast smoked thinly sliced
- ☐ 0.8 cup roasted cranberry sauce canned

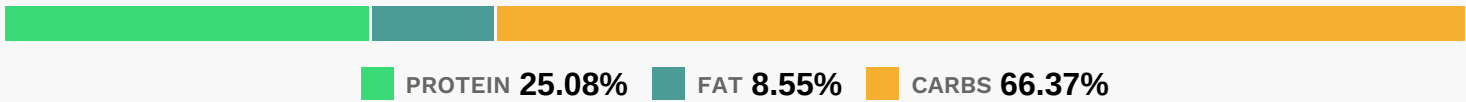
Equipment

- ☐ bowl

Directions

- ☐ Mix onion, apple cider vinegar, dill and sugar in medium bowl. Season to taste with salt and pepper.
- ☐ Mix cranberry sauce and orange peel in small bowl. (Onion mixture and cranberry mixture can be prepared 1 day ahead. Cover separately and refrigerate.)
- ☐ Place all bread slices on work surface.
- ☐ Spread cranberry mixture over slices, dividing equally. Top 4 bread slices with onion mixture, then turkey and watercress, dividing equally. Top with remaining 4 bread slices, cranberry side down, and serve.
- ☐ Per serving: calories, 296; total fat, 4 g;
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:56.7, Glycemic Load:15.94, Inflammation Score:-7, Nutrition Score:17.749999828961%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 2.41mg, Kaempferol: 2.41mg, Kaempferol: 2.41mg, Kaempferol: 2.41mg Myricetin: 2.37mg, Myricetin: 2.37mg, Myricetin: 2.37mg, Myricetin: 2.37mg Quercetin: 15.26mg, Quercetin: 15.26mg, Quercetin: 15.26mg, Quercetin: 15.26mg

Nutrients (% of daily need)

Calories: 321.02kcal (16.05%), Fat: 3.09g (4.75%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 53.97g (17.99%), Net Carbohydrates: 49.18g (17.88%), Sugar: 25.4g (28.22%), Cholesterol: 30.62mg (10.21%), Sodium: 381.33mg (16.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.4g (40.79%), Manganese: 1.34mg (66.99%), Vitamin B3: 8.29mg (41.46%), Selenium: 28.03µg (40.04%), Vitamin B6: 0.69mg (34.25%), Phosphorus: 281.91mg (28.19%), Vitamin K: 20.98µg (19.98%), Fiber: 4.8g (19.19%), Vitamin B1: 0.29mg (19.07%), Magnesium: 67.94mg (16.99%), Calcium: 127.27mg (12.73%), Vitamin B2: 0.21mg (12.46%), Zinc: 1.86mg (12.41%), Iron: 2.23mg (12.36%), Potassium: 422.33mg (12.07%), Folate: 48.13µg (12.03%), Copper: 0.22mg (11.14%), Vitamin C: 8.37mg (10.15%), Vitamin B5: 0.93mg (9.29%), Vitamin E: 0.91mg (6.04%), Vitamin B12: 0.36µg (5.95%), Vitamin A: 253.92IU (5.08%)