

Stuffy

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup mayonnaise to taste
- 1 cup pepperidge farm sage and onion stuffing stuffing prepared
- 4 portugese rolls split
- 0.5 cup turkey gravy leftover
- 1 cup turkey meat shredded leftover
- 0.5 cup roasted cranberry sauce

Equipment

- oven

aluminum foil

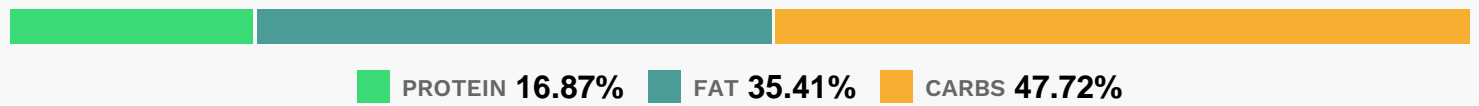
Directions

Preheat an oven to 350 degrees F (175 degrees C).

Spread mayonnaise on each half of the split hoagie rolls.

Layer 1/4 cup turkey, 1/4 cup stuffing, 2 tablespoons gravy, and 2 tablespoons cranberry sauce on each of the four hoagie halves. Top each sandwich with the remaining 4 pieces of bread. Wrap each sandwich in aluminum foil and place in the oven for 15 minutes or until the sandwiches are heated through.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:23, Inflammation Score:-3, Nutrition Score:13.291304257901%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 484.86kcal (24.24%), Fat: 18.99g (29.22%), Saturated Fat: 3.05g (19.03%), Carbohydrates: 57.6g (19.2%), Net Carbohydrates: 54.7g (19.89%), Sugar: 16.62g (18.47%), Cholesterol: 48.4mg (16.14%), Sodium: 681.99mg (29.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.37g (40.73%), Iron: 11.86mg (65.89%), Selenium: 38.49µg (54.98%), Vitamin K: 30.16µg (28.72%), Vitamin B3: 5.28mg (26.41%), Vitamin B6: 0.36mg (18.1%), Phosphorus: 130.87mg (13.09%), Fiber: 2.9g (11.6%), Vitamin B2: 0.18mg (10.58%), Vitamin B12: 0.63µg (10.57%), Vitamin E: 1.53mg (10.19%), Zinc: 1.25mg (8.33%), Vitamin B1: 0.1mg (6.67%), Folate: 24.58µg (6.14%), Manganese: 0.11mg (5.66%), Magnesium: 21.54mg (5.39%), Vitamin B5: 0.53mg (5.26%), Potassium: 173.68mg (4.96%), Copper: 0.09mg (4.58%), Vitamin A: 197.63IU (3.95%), Calcium: 30.86mg (3.09%), Vitamin D: 0.17µg (1.12%)