



Toasted Turkey and Brie Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



1423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup arugula trimmed
- ☐ 5 ounces round of président brie sliced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 4 teaspoons dijon honey mustard
- ☐ 0.3 cup onion red thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 4 sourdough muffins split english toasted
- ☐ 0.5 pound turkey breast shredded cooked

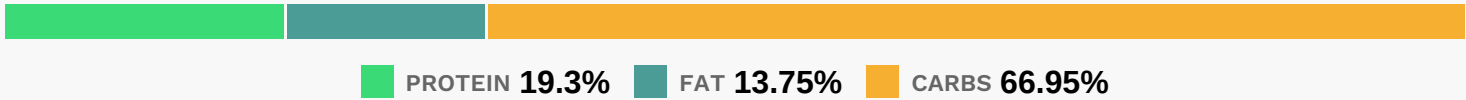
Equipment

- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Arrange muffin halves, cut sides up, on a baking sheet.
- ☐ Spread 1 teaspoon mustard over each of 4 halves; top each with 1/2 cup turkey and one-fourth of onion. Divide cheese evenly among the remaining 4 halves. Broil 2 minutes or until cheese melts and turkey is warm. Top turkey halves evenly with salt, pepper, and arugula. Top each turkey half with 1 cheese muffin half.

Nutrition Facts



Properties

Glycemic Index:49.63, Glycemic Load:181.52, Inflammation Score:-9, Nutrition Score:47.568695965021%

Flavonoids

Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 1422.72kcal (71.14%), Fat: 21.75g (33.46%), Saturated Fat: 8.73g (54.59%), Carbohydrates: 238.37g (79.46%), Net Carbohydrates: 228.16g (82.97%), Sugar: 22.59g (25.1%), Cholesterol: 66.05mg (22.02%), Sodium: 3238.2mg (140.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 68.7g (137.39%), Vitamin B1: 3.27mg (217.71%), Selenium: 147.63µg (210.9%), Folate: 588.54µg (147.13%), Vitamin B3: 27.62mg (138.08%), Vitamin B2: 2.21mg (129.76%), Manganese: 2.43mg (121.35%), Iron: 18.27mg (101.48%), Phosphorus: 680.48mg (68.05%), Vitamin B6: 1.02mg (51.08%), Zinc: 6.32mg (42.15%), Magnesium: 168.61mg (42.15%), Fiber: 10.21g (40.83%), Copper: 0.73mg (36.62%), Calcium: 315.65mg (31.56%), Vitamin B5: 2.22mg (22.22%), Potassium: 746.6mg (21.33%), Vitamin B12: 0.94µg (15.7%), Vitamin E: 1.08mg (7.23%), Vitamin K: 6.96µg (6.62%), Vitamin A: 281.34IU (5.63%), Vitamin D: 0.23µg (1.56%), Vitamin C: 1.12mg (1.35%)