



Toasted Turkey, Brie, and Apple Sandwiches

READY IN



45 min.

SERVINGS



2

CALORIES



648 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons spiced apple butter
- ☐ 1 cup baby arugula
- ☐ 4 ounces round of président brie thinly sliced
- ☐ 2 tablespoons butter softened
- ☐ 1 gala apple sliced
- ☐ 4 slices cocktail rye bread
- ☐ 0.5 pound turkey thinly sliced

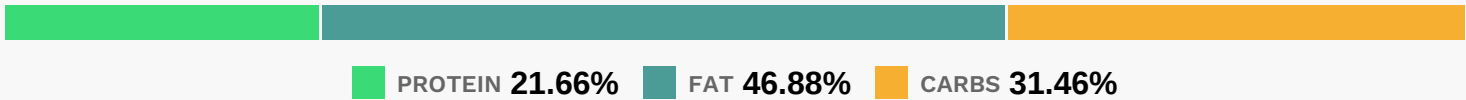
Equipment

☐ frying pan

Directions

- ☐ Spread 1 side of each bread slice with 1/2 tbsp. butter.
- ☐ Spread the other side of 2 bread slices with 1/2 tbsp. apple butter each; top each with half the turkey, brie, and arugula, then a few apple slices.
- ☐ Spread the bare sides of remaining 2 slices of bread with remaining apple butter, then place on sandwiches, buttered side up.
- ☐ Put 1 sandwich in a medium frying pan and cook, covered, over medium heat until golden brown on bottom, 3 to 4 minutes. Turn sandwich over and continue to cook until cheese is slightly melted and second side is golden brown, 3 to 4 more minutes. Repeat with remaining sandwich.
- ☐ Serve sandwiches with remaining apple slices.

Nutrition Facts



Properties

Glycemic Index:96.67, Glycemic Load:17.69, Inflammation Score:-8, Nutrition Score:23.520869358726%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg

Nutrients (% of daily need)

Calories: 648.27kcal (32.41%), Fat: 33.98g (52.28%), Saturated Fat: 18.68g (116.76%), Carbohydrates: 51.32g (17.11%), Net Carbohydrates: 45.01g (16.37%), Sugar: 18.45g (20.5%), Cholesterol: 144.77mg (48.26%), Sodium: 928.91mg (40.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.34g (70.67%), Selenium: 45.38µg (64.84%),

Vitamin B3: 8.92mg (44.62%), Vitamin B2: 0.7mg (41.08%), Vitamin B6: 0.71mg (35.74%), Phosphorus: 353.86mg (35.39%), Manganese: 0.67mg (33.69%), Vitamin B12: 1.94µg (32.36%), Folate: 125.91µg (31.48%), Fiber: 6.31g (25.24%), Vitamin B1: 0.38mg (25.21%), Zinc: 3.62mg (24.12%), Vitamin A: 1025.27IU (20.51%), Calcium: 187.1mg (18.71%), Iron: 3.1mg (17.21%), Magnesium: 67.28mg (16.82%), Vitamin K: 16.11µg (15.34%), Potassium: 525.87mg (15.02%), Vitamin B5: 1.45mg (14.49%), Copper: 0.24mg (11.88%), Vitamin C: 6.04mg (7.33%), Vitamin E: 0.96mg (6.4%), Vitamin D: 0.52µg (3.5%)