



## Turducken Po' Boys

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

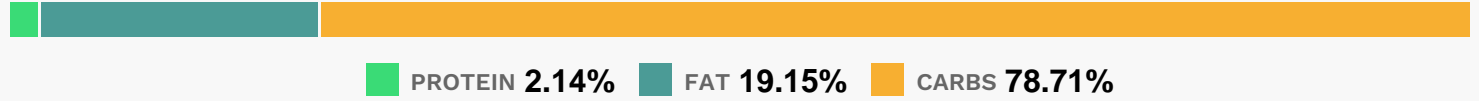
- 1 serving bread french
- 1 serving horseradish
- 1 serving mayonnaise
- 1 serving roasted cranberry sauce
- 1 serving frangelico
- 1 serving frangelico

### Equipment

# Directions

Assemble sandwich and enjoy!

# Nutrition Facts



# Properties

Glycemic Index:165.5, Glycemic Load:0.44, Inflammation Score:-1, Nutrition Score:1.3343478190186%

# Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

# Nutrients (% of daily need)

Calories: 141.7kcal (7.09%), Fat: 3.13g (4.81%), Saturated Fat: 0.48g (2.99%), Carbohydrates: 28.93g (9.64%), Net Carbohydrates: 28.11g (10.22%), Sugar: 22.41g (24.9%), Cholesterol: 1.68mg (0.56%), Sodium: 39.12mg (1.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Vitamin K: 7.52µg (7.16%), Vitamin E: 0.78mg (5.23%), Fiber: 0.82g (3.3%), Manganese: 0.05mg (2.44%), Iron: 0.34mg (1.88%), Vitamin B1: 0.02mg (1.21%), Vitamin B2: 0.02mg (1.17%), Vitamin C: 0.95mg (1.15%), Copper: 0.02mg (1.05%)