



## Turkey and Vegetable Focaccia Sandwich

READY IN



15 min.

SERVINGS



15

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

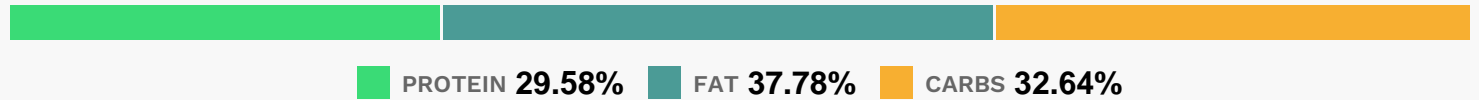
- 14 oz artichoke hearts drained coarsely chopped canned
- 1 focaccia bread split
- 1 cucumber chopped
- 9 oz oscar mayer deli oven roasted turkey breast fresh
- 5 slim cut mozzarella cheese kraft
- 0.3 cup pimento-stuffed olives green chopped
- 1 bell pepper red chopped
- 0.3 cup tuscan house dressing italian kraft

# Equipment

## Directions

- Combine first 5 ingredients.
- Fill bread halves with layers of half the turkey, vegetable mixture, remaining turkey and cheese.

## Nutrition Facts



## Properties

Glycemic Index:8.84, Glycemic Load:0.62, Inflammation Score:-3, Nutrition Score:3.3117391126959%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 50.24kcal (2.51%), Fat: 2.09g (3.22%), Saturated Fat: 0.38g (2.34%), Carbohydrates: 4.07g (1.36%), Net Carbohydrates: 3.18g (1.16%), Sugar: 1.63g (1.81%), Cholesterol: 8.94mg (2.98%), Sodium: 383.19mg (16.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.37%), Vitamin C: 10.82mg (13.11%), Vitamin B3: 1.74mg (8.72%), Vitamin B6: 0.12mg (5.77%), Vitamin A: 280.28IU (5.61%), Phosphorus: 54.47mg (5.45%), Vitamin K: 4.89µg (4.66%), Selenium: 3µg (4.28%), Fiber: 0.89g (3.55%), Potassium: 113.71mg (3.25%), Vitamin E: 0.42mg (2.79%), Manganese: 0.05mg (2.56%), Vitamin B5: 0.26mg (2.55%), Folate: 9.34µg (2.34%), Magnesium: 9.2mg (2.3%), Vitamin B1: 0.03mg (1.87%), Vitamin B2: 0.03mg (1.75%), Iron: 0.24mg (1.34%), Copper: 0.03mg (1.32%), Zinc: 0.17mg (1.16%), Calcium: 11.48mg (1.15%)