



Turkey-Apple Salad Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



185 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup celery chopped (1 rib)
- ☐ 6 tablespoons yogurt plain fat-free
- ☐ 1 small gala apple cored chopped
- ☐ 0.3 cup bell pepper green chopped
- ☐ 1 teaspoon orange rind fresh grated
- ☐ 0.3 cup pecans toasted
- ☐ 1 tablespoon onion red finely chopped
- ☐ 0.5 cup cranberries dried sweetened (such as Craisins)
- ☐ 4 ounces oven-roasted turkey breast chopped

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1.3 ounce wheat berry bread (such as Branola)

Equipment

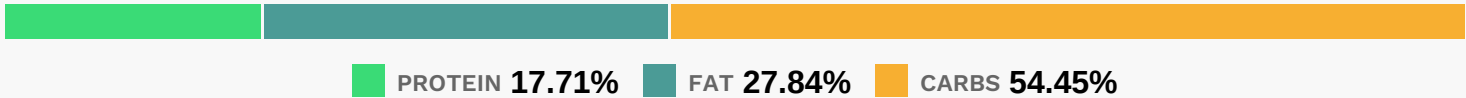
☐

bowl

Directions

- ☐ Combine first 9 ingredients in a medium bowl.
- ☐ Spread about 3/4 cup turkey salad on each of 4 bread slices; top with remaining bread slices.

Nutrition Facts



Properties

Glycemic Index:45.17, Glycemic Load:3.88, Inflammation Score:-3, Nutrition Score:8.5630435658538%

Flavonoids

Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 2.86mg, Epicatechin: 2.86mg, Epicatechin: 2.86mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 185.33kcal (9.27%), Fat: 6.07g (9.34%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 26.71g (8.9%), Net Carbohydrates: 23.46g (8.53%), Sugar: 18.48g (20.53%), Cholesterol: 15.06mg (5.02%), Sodium: 363.14mg (15.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.69g (17.38%), Manganese: 0.59mg (29.26%), Phosphorus: 167.88mg (16.79%), Vitamin B3: 3.28mg (16.41%), Fiber: 3.26g (13.03%), Vitamin C: 10.64mg (12.89%), Vitamin B6: 0.23mg (11.34%), Selenium: 7.59µg (10.85%), Calcium: 91.04mg (9.1%), Potassium: 314.22mg (8.98%), Vitamin B1: 0.13mg (8.38%), Magnesium: 32.86mg (8.22%), Vitamin B2: 0.14mg (7.98%), Copper: 0.14mg (7.11%), Vitamin B5: 0.68mg (6.77%), Zinc: 0.96mg (6.41%), Vitamin K: 5.54µg (5.27%), Vitamin E: 0.67mg (4.5%), Folate: 15.9µg (3.97%), Iron: 0.7mg (3.91%), Vitamin B12: 0.22µg (3.71%), Vitamin A: 93.81IU (1.88%)