



WHATSheATE



Turkey-Avocado Clubs

READY IN



30 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 12 ounces deli turkey breast low-sodium sliced
- ☐ 0.5 small cucumber english sliced
- ☐ 1 haas avocados pitted halved
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 8 slices whole-grain bread lightly toasted
- ☐ 0.5 cup nonfat greek yogurt plain
- ☐ 0.3 cup onion red thinly sliced
- ☐ 8 small leaves romaine lettuce

- ☐ 1 tomatoes cut into 8 slices
- ☐ 8 slices at least of turkey bacon

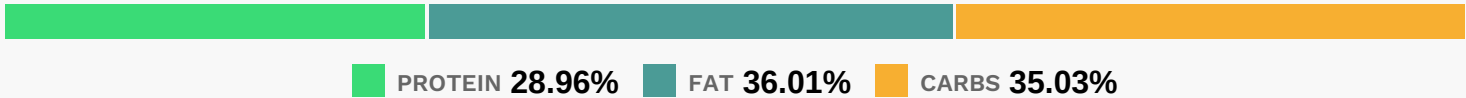
Equipment

- ☐ bowl
- ☐ cutting board

Directions

- ☐ Toss the onion with the vinegar and 2 tablespoons water in a small bowl.
- ☐ Let stand 15 minutes, then drain. Meanwhile, cook the turkey bacon as the label directs until crisp.
- ☐ Mash the avocado with the yogurt in another small bowl until smooth. Season with salt and pepper.
- ☐ Lay 4 slices of bread on a cutting board and spread with half of the avocado–yogurt mixture. Top with the lettuce and tomato and season with salt and pepper.
- ☐ Add a layer of turkey breast, bacon, cucumber and red onion.
- ☐ Spread the remaining avocado mixture on the remaining 4 bread slices and place spread–side down on top of the sandwiches.
- ☐ Cut each sandwich in half to serve.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:53.67, Glycemic Load:15.47, Inflammation Score:-10, Nutrition Score:30.337825920271%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 443.88kcal (22.19%), Fat: 18.16g (27.94%), Saturated Fat: 4.05g (25.34%), Carbohydrates: 39.74g (13.25%), Net Carbohydrates: 31.06g (11.29%), Sugar: 7.76g (8.62%), Cholesterol: 55.91mg (18.64%), Sodium: 2119.56mg (92.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.86g (65.73%), Vitamin A: 5249.43IU (104.99%), Vitamin K: 82.94µg (78.99%), Manganese: 1.46mg (72.85%), Phosphorus: 542.61mg (54.26%), Folate: 154.42µg (38.61%), Selenium: 24.76µg (35.37%), Fiber: 8.69g (34.74%), Potassium: 995.22mg (28.43%), Copper: 0.55mg (27.36%), Magnesium: 109.34mg (27.33%), Vitamin B3: 4.81mg (24.03%), Vitamin B1: 0.34mg (22.86%), Vitamin B6: 0.45mg (22.64%), Iron: 4.04mg (22.43%), Zinc: 3.3mg (22.01%), Vitamin B2: 0.36mg (20.89%), Calcium: 168.2mg (16.82%), Vitamin C: 13.51mg (16.38%), Vitamin B5: 1.39mg (13.85%), Vitamin E: 1.89mg (12.57%), Vitamin B12: 0.28µg (4.6%)