



Turkey Club Sandwiches with Herb Mayonnaise

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup basil shredded loosely packed
- ☐ 16 strips bacon cooled crisp cooked
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 1 cup mayonnaise reduced-fat
- ☐ 1 pound deli turkey thinly sliced
- ☐ 8 large the of 1 cos lettuce cut in half widthwise

- ☐ 8 servings salt and pepper
- ☐ 1 large tomatoes cut into 16 thin slices
- ☐ 24 slices sandwich bread white toasted

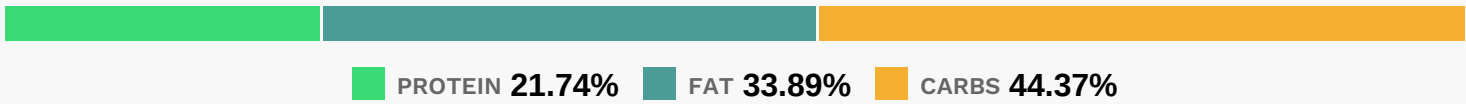
Equipment

- ☐ toothpicks

Directions

- ☐ Stir together mayonnaise, basil, parsley and thyme. Season with salt and pepper. Cover and refrigerate.
- ☐ Making one sandwich at a time, spread some herb mayonnaise on 1 side of 3 slices of bread.
- ☐ Layer 2 slices of turkey and 2 slices of tomato on 1 piece of toast, and top with a second, mayonnaise side up.
- ☐ Add 2 slices of bacon and 1 lettuce leaf. Top with third piece of toast, mayo side down.
- ☐ Lightly press sandwich down and cut in half diagonally. Secure with toothpicks. Repeat to make remaining sandwiches.

Nutrition Facts



Properties

Glycemic Index:32.47, Glycemic Load:26.6, Inflammation Score:-10, Nutrition Score:20.182608664036%

Flavonoids

Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 402.09kcal (20.1%), Fat: 15.08g (23.2%), Saturated Fat: 3.64g (22.76%), Carbohydrates: 44.43g (14.81%), Net Carbohydrates: 41.67g (15.15%), Sugar: 6.91g (7.68%), Cholesterol: 38.46mg (12.82%), Sodium: 1731.83mg (75.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.78g (43.55%), Vitamin K: 68.31µg (65.06%), Vitamin

A: 2859.51IU (57.19%), Selenium: 26.36µg (37.65%), Vitamin B1: 0.5mg (33.5%), Folate: 128.8µg (32.2%), Phosphorus: 298.78mg (29.88%), Manganese: 0.55mg (27.66%), Vitamin B3: 5.52mg (27.59%), Iron: 3.94mg (21.87%), Calcium: 187.14mg (18.71%), Copper: 0.3mg (14.8%), Vitamin B2: 0.25mg (14.5%), Magnesium: 50.37mg (12.59%), Potassium: 430.91mg (12.31%), Zinc: 1.8mg (11.99%), Fiber: 2.77g (11.06%), Vitamin B6: 0.2mg (10.02%), Vitamin C: 7.24mg (8.77%), Vitamin E: 1.02mg (6.83%), Vitamin B5: 0.67mg (6.68%), Vitamin B12: 0.17µg (2.91%)