



Turkey Croissant Sandwiches

READY IN



20 min.

SERVINGS



4

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

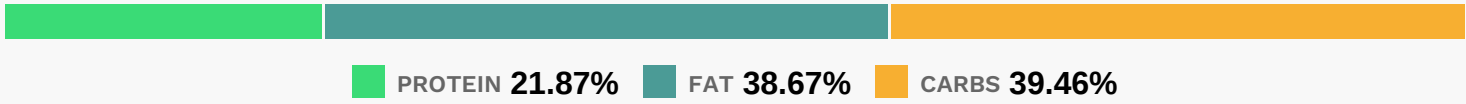
- ☐ 1 avocado ripe sliced
- ☐ 0.5 cup chive cream cheese softened
- ☐ 10 oz croissant rolls split
- ☐ 0.5 cucumber english cut into long strips
- ☐ 1 large tomatoes cut into 4 slices
- ☐ 1 pound turkey deli meat sliced

Equipment

Directions

- ☐
- Spread insides of croissants with cream cheese.
- ☐
- Lay 1 tomato slice and a few cucumber and avocado slices on each croissant bottom. Set turkey on top of vegetables and put croissant tops in place.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:24.18, Inflammation Score:-7, Nutrition Score:14.057391218517%

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: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 461.71kcal (23.09%), Fat: 20.27g (31.19%), Saturated Fat: 7.06g (44.13%), Carbohydrates: 46.55g (15.52%), Net Carbohydrates: 41.38g (15.05%), Sugar: 9.47g (10.53%), Cholesterol: 64.95mg (21.65%), Sodium: 1739.35mg (75.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.79g (51.58%), Iron: 12.43mg (69.03%), Phosphorus: 339.49mg (33.95%), Copper: 0.43mg (21.31%), Fiber: 5.16g (20.65%), Vitamin K: 20.89µg (19.9%), Potassium: 676.59mg (19.33%), Vitamin A: 872.83IU (17.46%), Vitamin C: 12.31mg (14.92%), Magnesium: 57.62mg (14.41%), Folate: 52.71µg (13.18%), Zinc: 1.59mg (10.61%), Vitamin E: 1.54mg (10.27%), Vitamin B5: 1mg (9.97%), Vitamin B6: 0.2mg (9.82%), Vitamin B2: 0.15mg (8.92%), Manganese: 0.16mg (7.8%), Calcium: 62.96mg (6.3%), Vitamin B3: 1.21mg (6.04%), Vitamin B1: 0.07mg (4.48%), Selenium: 2.75µg (3.93%), Vitamin B12: 0.06µg (1.04%)