



Turkey Cutlet Sandwiches with Smoked Paprika Mayo and Roasted Bell Peppers

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 inch crusty baguette toasted halved
- ☐ 0.7 cup mayonnaise
- ☐ 24 ounce roasted peppers drained
- ☐ 2 teaspoons paprika smoked
- ☐ 1 pound turkey breast cutlets

Equipment

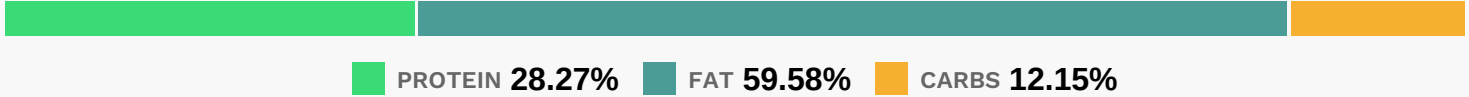
- ☐ bowl

☐ frying pan

Directions

- ☐ Mix mayonnaise and paprika in small bowl.
- ☐ Place cutlets on work surface. Using meat mallet, pound to 1/4-inch thickness.
- ☐ Spread 2 tablespoons paprika mayo over both sides of cutlets.
- ☐ Sprinkle with salt and freshly ground black pepper.
- ☐ Heat heavy large nonstick skillet over medium-high heat.
- ☐ Add turkey cutlets to skillet and cook cutlets until browned and just cooked through, about 3 minutes per side.
- ☐ Spread mayo over cut side of toasted bread halves. Top each bottom half with cutlets, then 1/4 of peppers. Cover with top halves.
- ☐ Per serving: 565 calories, 33 g fat, 6 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 34.19, Glycemic Load: 4.33, Inflammation Score: -8, Nutrition Score: 14.697826074517%

Nutrients (% of daily need)

Calories: 441.53kcal (22.08%), Fat: 29.42g (45.26%), Saturated Fat: 4.53g (28.34%), Carbohydrates: 13.5g (4.5%), Net Carbohydrates: 10.84g (3.94%), Sugar: 0.91g (1.01%), Cholesterol: 86.55mg (28.85%), Sodium: 2697.03mg (117.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.42g (62.83%), Vitamin C: 79.1mg (95.88%), Vitamin K: 62.04µg (59.08%), Vitamin A: 1401.31IU (28.03%), Manganese: 0.35mg (17.48%), Vitamin B6: 0.34mg (17.02%), Iron: 2.27mg (12.61%), Copper: 0.25mg (12.54%), Folate: 43.16µg (10.79%), Fiber: 2.66g (10.63%), Vitamin E: 1.55mg (10.35%), Calcium: 88.35mg (8.84%), Potassium: 294.36mg (8.41%), Vitamin B1: 0.12mg (8.23%), Vitamin B3: 1.61mg (8.06%), Vitamin B2: 0.11mg (6.54%), Magnesium: 24.17mg (6.04%), Phosphorus: 57.06mg (5.71%), Selenium: 3.62µg (5.17%), Zinc: 0.51mg (3.37%), Vitamin B5: 0.2mg (2.02%)