



Turkey Fingers

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 slices deli turkey thin
- ☐ 16 servings ranch dressing
- ☐ 8 slices honey-wheat bread

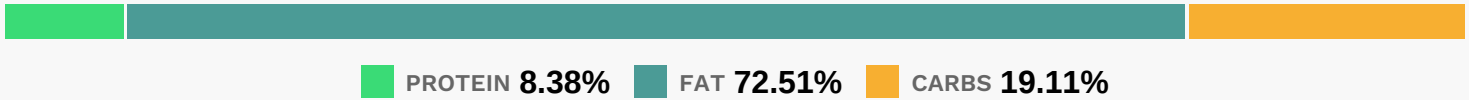
Equipment

Directions

- ☐ Cut bread slices into 4"x3" rectangles.

- ☐
- Place several thin slices of turkey on 4 rectangles of bread that have been spread lightly with ranch dressing.
- ☐
- Spread a thin layer of ranch dressing on one side of each remaining rectangle of bread and top the sandwiches.
- ☐
- Cut each sandwich in half.

Nutrition Facts



Properties

Glycemic Index:4.36, Glycemic Load:3.62, Inflammation Score:-1, Nutrition Score:5.088260933109%

Nutrients (% of daily need)

Calories: 172.96kcal (8.65%), Fat: 13.92g (21.41%), Saturated Fat: 2.21g (13.82%), Carbohydrates: 8.25g (2.75%), Net Carbohydrates: 7.41g (2.7%), Sugar: 2.19g (2.44%), Cholesterol: 11mg (3.67%), Sodium: 452.5mg (19.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Vitamin K: 41.29µg (39.33%), Manganese: 0.31mg (15.58%), Phosphorus: 108.68mg (10.87%), Selenium: 4.66µg (6.66%), Vitamin E: 0.74mg (4.94%), Vitamin B1: 0.06mg (3.95%), Magnesium: 14.98mg (3.74%), Fiber: 0.84g (3.36%), Vitamin B5: 0.34mg (3.35%), Calcium: 32.32mg (3.23%), Vitamin B3: 0.64mg (3.18%), Copper: 0.06mg (3.12%), Iron: 0.56mg (3.11%), Vitamin B2: 0.05mg (2.9%), Zinc: 0.38mg (2.56%), Potassium: 74.7mg (2.13%), Vitamin B6: 0.04mg (1.96%), Folate: 7.08µg (1.77%)