

health-score 57%

HEALTH SCORE

Turkey French Dip Sandwiches

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

1030 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 baguettes split mini or 6-inch sections of baguette
- ☐ 2 carrots thinly sliced
- ☐ 2 celery stalks thinly sliced
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 cloves garlic smashed
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 cup chicken broth low-sodium
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 large onion roughly chopped

- ☐ 4 slices provolone cheese
- ☐ 1.5 pounds skin-on boneless
- ☐ 3 tablespoons worcestershire sauce

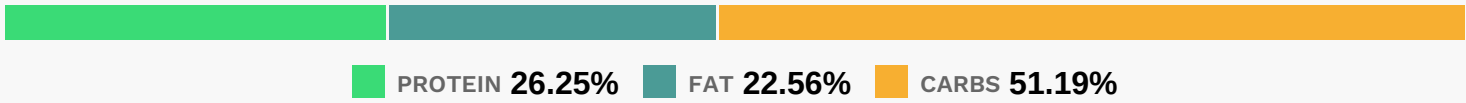
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ broiler
- ☐ cutting board

Directions

- ☐ Rub the turkey breast with 1 tablespoon olive oil, the thyme, 1 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Heat 1 tablespoon olive oil in a large cast-iron skillet over high heat.
- ☐ Add the turkey, skin-side down, and cook until golden, about 3 minutes. Turn and cook 2 more minutes. Reduce the heat to medium high; add the carrots, celery, onion and garlic and cook, stirring, 2 minutes.
- ☐ Add the chicken broth and Worcestershire sauce and bring to a boil. Reduce the heat to medium low, cover and simmer until the turkey is cooked through, about 20 minutes.
- ☐ Transfer the turkey to a cutting board; let rest 5 minutes, then slice. Preheat the broiler.
- ☐ Drizzle the cut sides of the bread with the remaining 1 tablespoon olive oil. Arrange the bread bottoms on a baking sheet; top each with a slice of cheese. Broil until melted, about 1 minute. Top with the turkey, vegetables and some of the pan juices, then cover with the bread tops.
- ☐ Serve with more pan juices for dipping.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:69.9, Glycemic Load:84.59, Inflammation Score:-10, Nutrition Score:49.093912767327%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg

Nutrients (% of daily need)

Calories: 1029.85kcal (51.49%), Fat: 25.71g (39.55%), Saturated Fat: 6.69g (41.82%), Carbohydrates: 131.22g (43.74%), Net Carbohydrates: 124.17g (45.15%), Sugar: 16.35g (18.16%), Cholesterol: 104.96mg (34.99%), Sodium: 2435.54mg (105.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 67.31g (134.62%), Vitamin B3: 29.55mg (147.75%), Selenium: 84.87µg (121.24%), Vitamin A: 5399.63IU (107.99%), Vitamin B1: 1.57mg (104.35%), Vitamin B6: 1.71mg (85.56%), Phosphorus: 784.7mg (78.47%), Folate: 296.8µg (74.2%), Vitamin B2: 1.18mg (69.6%), Manganese: 1.32mg (66.18%), Iron: 11.01mg (61.15%), Calcium: 475.47mg (47.55%), Zinc: 5.07mg (33.82%), Magnesium: 125.9mg (31.48%), Potassium: 1074.96mg (30.71%), Fiber: 7.05g (28.2%), Vitamin B5: 2.5mg (25.04%), Copper: 0.49mg (24.74%), Vitamin B12: 1.41µg (23.47%), Vitamin K: 19.15µg (18.24%), Vitamin E: 2.61mg (17.39%), Vitamin C: 9.56mg (11.59%), Vitamin D: 0.27µg (1.77%)