



## Turkey, Fruit and Creamy Poppyseed Sandwiches

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

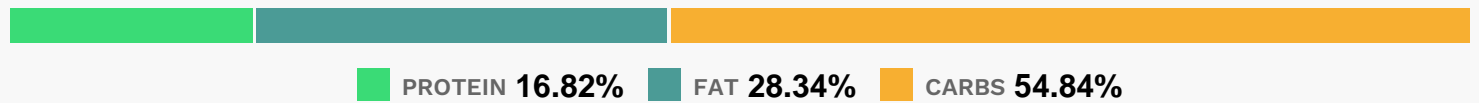
- 0.3 cup mandarin orange segents canned drained well
- 12 slices oscar mayer deli turkey breast smoked fresh
- 0.3 cup grapes green seedless halved
- 2 leaf lettuce leaves
- 2 Tbsp creamy poppyseed dressing kraft
- 1 Tbsp planters slivered almonds
- 2 kaiser rolls split

# Equipment

## Directions

- Toss grapes, oranges and almonds with dressing.
- Remove soft centers from bottom halves of rolls, leaving each with a 1/2-inch-thick shell. Fill with fruit mixture.
- Cover with turkey, lettuce and top halves of rolls.

## Nutrition Facts



## Properties

Glycemic Index:12.9, Glycemic Load:5, Inflammation Score:-1, Nutrition Score:1.6573913086044%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

## Nutrients (% of daily need)

Calories: 66.73kcal (3.34%), Fat: 2.12g (3.26%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 9.23g (3.08%), Net Carbohydrates: 8.79g (3.2%), Sugar: 2.92g (3.25%), Cholesterol: 4.38mg (1.46%), Sodium: 200.54mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Iron: 2.32mg (12.87%), Phosphorus: 30.01mg (3%), Vitamin K: 2.85µg (2.71%), Vitamin E: 0.37mg (2.48%), Vitamin C: 1.82mg (2.2%), Copper: 0.04mg (2.16%), Fiber: 0.44g (1.77%), Vitamin A: 82.15IU (1.64%), Magnesium: 6.29mg (1.57%), Manganese: 0.03mg (1.52%), Potassium: 44.56mg (1.27%), Vitamin B2: 0.02mg (1.08%)