



Turkey-Havarti Grinder

READY IN



45 min.

SERVINGS



8

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 curly kale leaves
- ☐ 1 pound deli turkey breast very thinly sliced
- ☐ 2 tablespoons dry-roasted peanuts unsalted chopped
- ☐ 16 ounce bread french
- ☐ 1 Dash ground pepper red
- ☐ 2 ounces havarti cheese thinly sliced reduced-fat
- ☐ 0.3 cup mango chutney
- ☐ 2 tablespoons mayonnaise reduced-calorie
- ☐ 1 medium delicious apple red cored sliced into rings

☐ 6 sandwich-cut bread-and-butter pickles

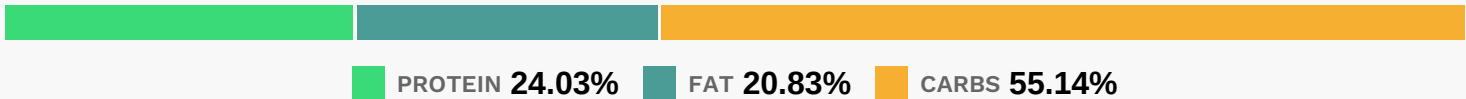
Equipment

☐ bowl

Directions

- ☐ Combine first 4 ingredients in a bowl; stir well.
- ☐ Cut bread loaf in half horizontally, and spread chutney mixture over bottom half of bread; top with turkey, lettuce, cheese, pickles, apple, and top half of bread.
- ☐ Cut loaf into 8 pieces.

Nutrition Facts



Properties

Glycemic Index:40.53, Glycemic Load:35.38, Inflammation Score:-7, Nutrition Score:17.934782590555%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 377.46kcal (18.87%), Fat: 8.8g (13.53%), Saturated Fat: 2.45g (15.33%), Carbohydrates: 52.41g (17.47%), Net Carbohydrates: 49.66g (18.06%), Sugar: 12.99g (14.44%), Cholesterol: 38.32mg (12.77%), Sodium: 641.94mg (27.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.84g (45.67%), Selenium: 34.66µg (49.51%), Vitamin B3: 9.7mg (48.5%), Vitamin B1: 0.54mg (36.13%), Vitamin B6: 0.55mg (27.63%), Folate: 108.49µg (27.12%), Phosphorus: 270.89mg (27.09%), Manganese: 0.52mg (25.82%), Vitamin B2: 0.42mg (24.76%), Vitamin K: 20.35µg (19.38%), Iron: 3.42mg (19%), Vitamin A: 892.79IU (17.86%), Calcium: 130.92mg (13.09%), Zinc: 1.87mg (12.45%), Magnesium: 46.66mg (11.66%), Fiber: 2.75g (10.99%), Copper: 0.19mg (9.29%), Potassium: 306.94mg (8.77%), Vitamin B5: 0.83mg (8.25%), Vitamin B12: 0.46µg (7.65%), Vitamin C: 3.34mg (4.05%), Vitamin E: 0.44mg (2.95%)