



Turkey Salad Sandwiches

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups turkey diced cooked
- ☐ 0.5 cup apples diced unpeeled
- ☐ 0.5 cup salad dressing
- ☐ 1.5 teaspoons curry powder
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup celery chopped
- ☐ 2 tablespoons spring onion chopped

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8 slices bread whole

Equipment

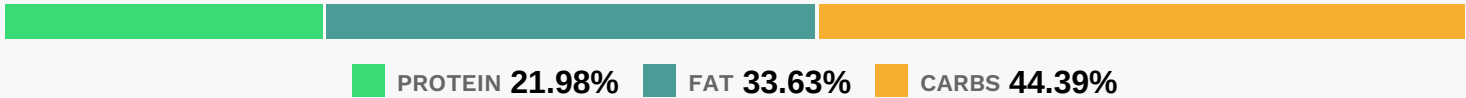
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bowl

Directions

- ☐ In medium bowl, mix all ingredients except bread.
- ☐ Spread turkey mixture on 4 slices bread. Top with remaining bread.

Nutrition Facts



Properties

Glycemic Index:50.67, Glycemic Load:15.18, Inflammation Score:-4, Nutrition Score:15.06260885363%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 279.32kcal (13.97%), Fat: 10.46g (16.08%), Saturated Fat: 1.85g (11.58%), Carbohydrates: 31.05g (10.35%), Net Carbohydrates: 26.73g (9.72%), Sugar: 7.55g (8.39%), Cholesterol: 26.84mg (8.95%), Sodium: 596.63mg (25.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.38g (30.75%), Manganese: 1.32mg (66.11%), Selenium: 23.25µg (33.21%), Vitamin K: 32.03µg (30.5%), Vitamin B3: 5.47mg (27.37%), Phosphorus: 200.22mg (20.02%), Vitamin B6: 0.39mg (19.52%), Fiber: 4.31g (17.25%), Vitamin B1: 0.25mg (16.78%), Magnesium: 59.06mg (14.77%), Iron: 2.18mg (12.1%), Zinc: 1.74mg (11.6%), Calcium: 111.63mg (11.16%), Vitamin B2: 0.18mg (10.48%), Potassium: 320.88mg (9.17%), Copper: 0.18mg (9.02%), Folate: 34.26µg (8.56%), Vitamin E: 1.22mg (8.16%), Vitamin B12: 0.45µg (7.58%), Vitamin B5: 0.73mg (7.32%), Vitamin A: 136.28IU (2.73%), Vitamin C: 1.88mg (2.28%)