



Turkey Sandwiches with Apple and Walnut Herb Mayo

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

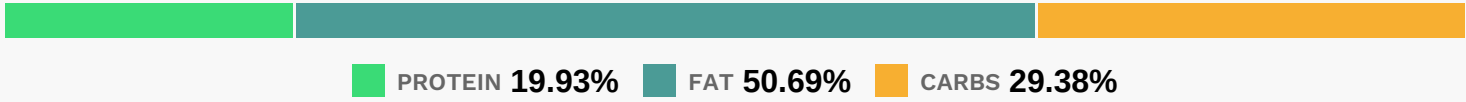
- ☐ 1 tablespoon dijon mustard
- ☐ 1 apple green
- ☐ 0.3 cup mayonnaise
- ☐ 4 servings turkey
- ☐ 0.3 cup walnut pieces chopped
- ☐ 8 slices bread

Equipment

Directions

- ☐ Core and thinly slice 1 green apple.
- ☐ Mix 1 tablespoon Dijon mustard and 1/4 cup chopped walnuts into 1/3 cup Hellmann's Herb Sensation Mayonnaise. (For extra flavor, mix in a few drops of hot sauce or some fresh herbs.)
- ☐ Spread it on 8 slices of wheat bread, then make sandwiches with the sliced turkey and apple.

Nutrition Facts



Properties

Glycemic Index:50.92, Glycemic Load:16.31, Inflammation Score:-5, Nutrition Score:18.398695562197%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 428.04kcal (21.4%), Fat: 24.33g (37.43%), Saturated Fat: 3.95g (24.66%), Carbohydrates: 31.72g (10.57%), Net Carbohydrates: 26.62g (9.68%), Sugar: 7.59g (8.43%), Cholesterol: 51.29mg (17.1%), Sodium: 479.98mg (20.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.52g (43.03%), Manganese: 1.49mg (74.27%), Selenium: 29.37µg (41.95%), Vitamin B3: 7.23mg (36.15%), Vitamin K: 36.05µg (34.33%), Vitamin B6: 0.54mg (27.22%), Phosphorus: 267.44mg (26.74%), Fiber: 5.1g (20.41%), Vitamin B1: 0.29mg (19.3%), Magnesium: 74.02mg (18.51%), Zinc: 2.36mg (15.71%), Copper: 0.31mg (15.4%), Vitamin B2: 0.23mg (13.73%), Iron: 2.32mg (12.88%), Vitamin B12: 0.76µg (12.64%), Calcium: 111.67mg (11.17%), Potassium: 365.48mg (10.44%), Vitamin B5: 0.99mg (9.86%), Folate: 37.47µg (9.37%), Vitamin E: 1.12mg (7.43%), Vitamin C: 2.2mg (2.67%), Vitamin A: 76.3IU (1.53%), Vitamin D: 0.22µg (1.46%)