



Turkey Subs with Cherry Salsa

READY IN



45 min.

SERVINGS



24

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups cherries dark sweet pitted coarsely chopped
- ☐ 1 peaches pitted peeled chopped
- ☐ 0.3 cup bell pepper green chopped
- ☐ 2 tablespoons smucker's cherry preserves
- ☐ 2 teaspoons balsamic vinegar
- ☐ 1 cup salad dressing
- ☐ 1 tablespoon roasted garlic chopped
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 2 lb bread french

- ☐ 12 leaves lettuce
- ☐ 1 lb turkey smoked
- ☐ 8 oz provolone cheese
- ☐ 8 oz colby cheese
- ☐ 8 oz bacon cooked
- ☐ 1 cucumber thinly sliced

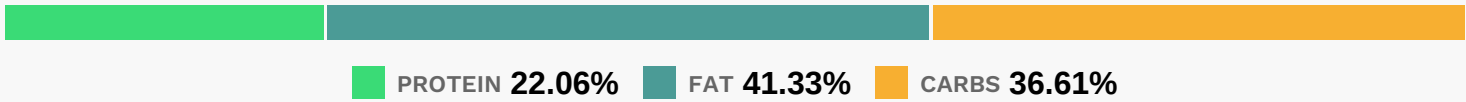
Equipment

- ☐ bowl

Directions

- ☐ In medium glass or plastic bowl, mix all salsa ingredients until well blended. Refrigerate until serving time.
- ☐ In small bowl, mix mayonnaise, garlic and parsley.
- ☐ Cut bread loaves horizontally in half.
- ☐ Spread mayonnaise mixture on cut sides of loaves.
- ☐ Layer lettuce, turkey, cheeses, bacon and cucumber on bottoms of loaves. Top with tops of loaves.
- ☐ Cut each loaf into 12 pieces.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:16.41, Glycemic Load:16.41, Inflammation Score:-4, Nutrition Score:11.074782537377%

Flavonoids

Cyanidin: 2.73mg, Cyanidin: 2.73mg, Cyanidin: 2.73mg, Cyanidin: 2.73mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epigallocatechin:

0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg, Apigenin: 1.35mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 276.01kcal (13.8%), Fat: 12.67g (19.49%), Saturated Fat: 5.35g (33.45%), Carbohydrates: 25.25g (8.42%), Net Carbohydrates: 23.94g (8.7%), Sugar: 5.71g (6.34%), Cholesterol: 34.51mg (11.5%), Sodium: 626.89mg (27.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.22g (30.43%), Selenium: 21.63µg (30.89%), Vitamin B1: 0.34mg (22.97%), Phosphorus: 200.63mg (20.06%), Vitamin B3: 3.97mg (19.83%), Vitamin K: 18.81µg (17.92%), Vitamin B2: 0.29mg (16.79%), Calcium: 165.52mg (16.55%), Folate: 55.01µg (13.75%), Manganese: 0.24mg (12.03%), Iron: 1.99mg (11.04%), Vitamin B6: 0.21mg (10.72%), Zinc: 1.58mg (10.57%), Vitamin B12: 0.48µg (8.05%), Magnesium: 27.87mg (6.97%), Potassium: 213.38mg (6.1%), Vitamin A: 305.02IU (6.1%), Copper: 0.11mg (5.53%), Fiber: 1.31g (5.26%), Vitamin B5: 0.47mg (4.72%), Vitamin C: 3.74mg (4.53%), Vitamin E: 0.47mg (3.13%), Vitamin D: 0.18µg (1.21%)