



Upgraded Turkey Cranberry Sandwiches

 Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

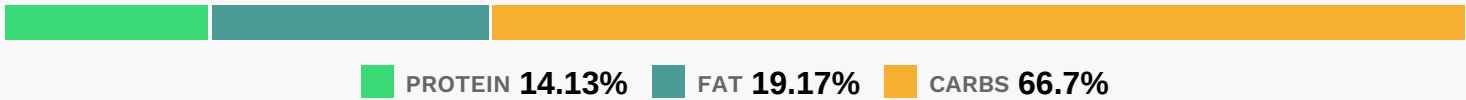
- ☐ 2 leaves boston lettuce
- ☐ 0.3 cup water (such Sabra's Classic Hummus)
- ☐ 2 slices grain bread gluten-free whole organic hearty (we like Rudi's dairy-free Bakery, which has both an line and a range of bread)
- ☐ 2 slices purple onion thin
- ☐ 1 serving salt and pepper to taste
- ☐ 2 turkey leftover
- ☐ 0.3 cup cranberry sauce

Equipment

Directions

- ☐ Spread both pieces of bread with hummus.
- ☐ Layer on lettuce, purple onion, turkey, cranberry sauce and another layer of lettuce, salt and pepper, to taste.
- ☐ Add top piece of bread, hummus side down.

Nutrition Facts



Properties

Glycemic Index:120.2, Glycemic Load:16.26, Inflammation Score:-8, Nutrition Score:19.560434762065%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 1.9mg, Myricetin: 1.9mg, Myricetin: 1.9mg, Myricetin: 1.9mg Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg

Nutrients (% of daily need)

Calories: 374.51kcal (18.73%), Fat: 8.24g (12.68%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 64.49g (21.5%), Net Carbohydrates: 55.86g (20.31%), Sugar: 26.2g (29.11%), Cholesterol: 2.18mg (0.73%), Sodium: 687.05mg (29.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.66g (27.32%), Manganese: 1.8mg (90.18%), Fiber: 8.63g (34.5%), Vitamin K: 36.15µg (34.43%), Folate: 102.67µg (25.67%), Phosphorus: 252.24mg (25.22%), Vitamin B1: 0.37mg (24.74%), Selenium: 17.24µg (24.63%), Copper: 0.49mg (24.33%), Magnesium: 95.49mg (23.87%), Vitamin A: 1044.47IU (20.89%), Iron: 3.68mg (20.42%), Vitamin B6: 0.32mg (16.21%), Vitamin B3: 3.24mg (16.2%), Zinc: 2.29mg (15.26%), Calcium: 134.09mg (13.41%), Potassium: 416.92mg (11.91%), Vitamin B2: 0.18mg (10.52%), Vitamin E: 1.01mg (6.76%), Vitamin B5: 0.56mg (5.64%), Vitamin C: 3.88mg (4.71%)