

Turkey and Brie Triangles (sandwiches)

The Essential Appetizers Cookbook (1999)
Whitecap Books

Yield: 16 sandwiches

- 8 slices bread*
- cranberry sauce*
- 4 ounces turkey breast*
- 4 ounces sliced Brie cheese*
- 4 butter lettuce leaves*

- Trim the crusts from the bread.
- Spread four slices with cranberry sauce.
- Top with turkey breast, Brie and lettuce.
- Place remaining bread on top.
- Cut into triangles.

Per Serving (excluding unknown items): 698 Calories; 14g Fat (18.9% calories from fat); 39g Protein; 100g Carbohydrate; 5g Dietary Fiber; 68mg Cholesterol; 1138mg Sodium. Exchanges: 6 1/2 Grain(Starch); 3 Lean Meat; 0 Vegetable; 1 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	698	Vitamin B6 (mg):	.6mg
% Calories from Fat:	18.9%	Vitamin B12 (mcg):	.4mcg
% Calories from Carbohydrates:	58.2%	Thiamin B1 (mg):	.9mg
% Calories from Protein:	22.8%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	14g	Folacin (mcg):	97mcg
Saturated Fat (g):	4g	Niacin (mg):	13mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	68mg	% Refuse:	n n%
Carbohydrate (g):	100g	Food Exchanges	
Dietary Fiber (g):	5g	Grain (Starch):	6 1/2
Protein (g):	39g	Lean Meat:	3
Sodium (mg):	1138mg	Vegetable:	0
Potassium (mg):	596mg	Fruit:	0

Calcium (mg): 239mg
Iron (mg): 7mg
Zinc (mg): 3mg
Vitamin C (mg): 2mg
Vitamin A (i.u.): 297IU
Vitamin A (r.e.): 31RE

Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 698 Calories from Fat: 132

% Daily Values*

Total Fat	14g		22%
	Saturated Fat	4g	18%
Cholesterol	68mg		23%
Sodium	1138mg		47%
Total Carbohydrates	100g		33%
	Dietary Fiber	5g	19%
Protein	39g		
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Vitamin A			6%
Vitamin C			4%
Calcium			24%
Iron			41%

* Percent Daily Values are based on a 2000 calorie diet.