

Turkey, Brie and Apple Sandwich

Daniel Neman - Toledo Blade
St. Lucie News Tribune

Servings: 1

2 slices bread
3 - 4 ounces leftover turkey, sliced
3 - 4 small wedges Brie
2 - 3 slices tart apple, such as a
Granny Smith
1/2 leaf lettuce
2 - 3 slices tomato
walnut pieces
1 tablespoon mustard OR
mayonnaise (optional)
1 tablespoon Cranberry-Mustard
Spread OR Cranberry-Mayo Spread
OR Cranberry Bite Spread (see
recipes under Sauces/Condiments)
(optional)

Arrange the sandwich with bread, turkey, Brie,
apple, lettuce and tomato.

Top with walnuts.

Spread the top slice of the bread with mustard,
mayonnaise or one of the cranberry spreads.

Per Serving (excluding unknown
items): 6059 Calories; 482g Fat
(71.3% calories from fat); 369g
Protein; 68g Carbohydrate; 10g
Dietary Fiber; 1729mg Cholesterol;
11214mg Sodium. Exchanges: 1
1/2 Grain(Starch); 41 1/2 Lean
Meat; 7 Vegetable; 54 Fat.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	6059	Vitamin B6 (mg):	4.5mg
% Calories from Fat:	71.3%	Vitamin B12 (mcg):	28.4mcg
% Calories from Carbohydrates:	4.4%	Thiamin B1 (mg):	1.9mg
% Calories from Protein:	24.3%	Riboflavin B2 (mg):	9.4mg
Total Fat (g):	482g	Folacin (mcg):	1265mcg
Saturated Fat (g):	302g	Niacin (mg):	13mg
Monounsaturated Fat (g):	140g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	16g	Alcohol (kcal):	0
		% Refuse:	0 0%

Cholesterol (mg):	1729mg
Carbohydrate (g):	68g
Dietary Fiber (g):	10g
Protein (g):	369g
Sodium (mg):	11214mg
Potassium (mg):	4398mg
Calcium (mg):	3289mg
Iron (mg):	14mg
Zinc (mg):	42mg
Vitamin C (mg):	146mg
Vitamin A (i.u.):	16656IU
Vitamin A (r.e.):	3967RE

Food Exchanges

Grain (Starch):	1 1/2
Lean Meat:	41 1/2
Vegetable:	7
Fruit:	0
Non-Fat Milk:	0
Fat:	54
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 1

Amount Per Serving

Calories 6059 Calories from Fat: 4320

% Daily Values*

Total Fat	482g	742%
Saturated Fat	302g	1508%
Cholesterol	1729mg	576%
Sodium	11214mg	467%
Total Carbohydrates	68g	23%
Dietary Fiber	10g	39%
Protein	369g	

Vitamin A	333%
Vitamin C	243%
Calcium	329%
Iron	77%

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