



Arizona Turkey Grill

READY IN



11 min.

SERVINGS



1

CALORIES



287 kcal

BEVERAGE

DRINK

Ingredients

- 6 slices oscar mayer deli turkey breast smoked fresh
- 2 slices bread italian
- 1 milk singles 2% kraft
- 1 Tbsp miracle whip dressing light
- 0.3 cup bell pepper red

Equipment

- frying pan

Directions

- Spread bread slices with dressing; fill with remaining ingredients.
- Cook in skillet or on griddle sprayed with cooking spray on medium heat (350F) 3 min. on each side or until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.47, Inflammation Score:-7, Nutrition Score:8.0026086802068%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 287.14kcal (14.36%), Fat: 15.02g (23.11%), Saturated Fat: 7.91g (49.43%), Carbohydrates: 27.81g (9.27%), Net Carbohydrates: 25.33g (9.21%), Sugar: 16.44g (18.27%), Cholesterol: 16.88mg (5.63%), Sodium: 848.6mg (36.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.87g (21.75%), Vitamin C: 47.68mg (57.8%), Vitamin A: 1178.36IU (23.57%), Phosphorus: 137.57mg (13.76%), Vitamin B3: 2.17mg (10.83%), Folate: 42.38µg (10.6%), Fiber: 2.49g (9.94%), Iron: 1.55mg (8.62%), Potassium: 273.04mg (7.8%), Copper: 0.13mg (6.32%), Magnesium: 24.34mg (6.09%), Vitamin B6: 0.11mg (5.44%), Vitamin B1: 0.08mg (5.1%), Vitamin B2: 0.07mg (4.09%), Zinc: 0.59mg (3.94%), Vitamin E: 0.59mg (3.93%), Manganese: 0.04mg (2.09%), Vitamin K: 1.83µg (1.74%), Vitamin B5: 0.12mg (1.22%)