



## Carolina BBQ Turkey Panini

READY IN



10 min.

SERVINGS



1

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 Tbsp original barbecue sauce kraft
- 0.3 cup coleslaw blend (cabbage slaw mix)
- 1 hawaiian rolls
- 1 singles kraft
- 1 Tbsp real mayo mayonnaise kraft
- 4 slices oscar mayer oven roasted turkey white shaved

### Equipment

- grill

panini press

## Directions

- Heat panini grill sprayed with cooking spray.
- Place turkey on bottom half of bun; top with next 3 ingredients.
- Spread top of bun with mayo; place on sandwich.
- Grill 2 to 3 min. or until golden brown.

## Nutrition Facts

 **PROTEIN 18.01%**  **FAT 39.58%**  **CARBS 42.41%**

## Properties

Glycemic Index:156, Glycemic Load:13.25, Inflammation Score:-3, Nutrition Score:11.650434706522%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 297.4kcal (14.87%), Fat: 13.04g (20.06%), Saturated Fat: 2.27g (14.19%), Carbohydrates: 31.43g (10.48%), Net Carbohydrates: 29.92g (10.88%), Sugar: 10.03g (11.14%), Cholesterol: 30.44mg (10.15%), Sodium: 986.73mg (42.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.35g (26.7%), Vitamin K: 42.6µg (40.57%), Vitamin B3: 6.3mg (31.51%), Selenium: 18.64µg (26.63%), Phosphorus: 188.38mg (18.84%), Vitamin B1: 0.28mg (18.4%), Manganese: 0.31mg (15.4%), Vitamin B6: 0.28mg (14.17%), Folate: 54.84µg (13.71%), Vitamin C: 9.2mg (11.16%), Vitamin B2: 0.19mg (10.95%), Iron: 1.91mg (10.61%), Calcium: 90.37mg (9.04%), Potassium: 309.49mg (8.84%), Magnesium: 27.52mg (6.88%), Fiber: 1.51g (6.05%), Vitamin E: 0.89mg (5.96%), Vitamin B5: 0.57mg (5.69%), Zinc: 0.68mg (4.5%), Copper: 0.08mg (3.79%), Vitamin B12: 0.17µg (2.83%), Vitamin A: 96.33IU (1.93%)