



## Crunchy Turkey Sandwich Melts

READY IN



25 min.

SERVINGS



25

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup milk cheddar cheese shredded 2% kraft
- 12 slices oscar mayer deli oven roasted turkey breast fresh chopped
- 1 claussen kosher dill pickle mini finely chopped
- 1 Tbsp onions finely chopped
- 0.3 tsp pepper
- 2 Tbsp mayo reduced fat mayonnaise light kraft
- 2 sandwich rolls split

### Equipment

frying pan

oven

## Directions

Heat oven to 350F.

Combine all ingredients except rolls.

Fill rolls with turkey mixture; place in shallow pan. Cover.

Bake 15 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:3.44, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.1739130379713%

## Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 26.8kcal (1.34%), Fat: 0.95g (1.46%), Saturated Fat: 0.32g (1.99%), Carbohydrates: 2.8g (0.93%), Net Carbohydrates: 2.66g (0.97%), Sugar: 0.22g (0.24%), Cholesterol: 4.25mg (1.42%), Sodium: 121.82mg (5.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.48%), Selenium: 2.9µg (4.14%), Vitamin B3: 0.72mg (3.6%), Phosphorus: 25.27mg (2.53%), Vitamin B1: 0.03mg (1.76%), Vitamin B2: 0.03mg (1.53%), Vitamin B6: 0.03mg (1.47%), Calcium: 14.61mg (1.46%), Manganese: 0.03mg (1.34%), Folate: 5.3µg (1.33%), Vitamin K: 1.13µg (1.07%), Iron: 0.18mg (1.02%)