



Farmers' Market Melt

READY IN



10 min.

SERVINGS



1

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 asparagus spears fresh cut into 2-inch lengths
- 1 Tbsp lite balsamic vinaigrette dressing kraft
- 5 slices oscar mayer deli bold mesquite turkey breast smoked fresh
- 0.3 small bell pepper red cut into strips
- 1 slice cocktail rye bread
- 1 slim cut sharp cheddar cheese kraft

Equipment

- frying pan

broiler

Directions

- Heat broiler.
- Heat dressing in small nonstick skillet on medium heat.
- Add vegetables; cook and stir 3 min. or until crisp-tender.
- Cover bread with turkey; top with vegetable mixture and cheese.
- Broil 1 to 2 min. or until cheese is melted.

Nutrition Facts



PROTEIN 21.01% **FAT 34.93%** **CARBS 44.06%**

Properties

Glycemic Index:143.33, Glycemic Load:7.54, Inflammation Score:-7, Nutrition Score:10.014782697286%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg, Isorhamnetin: 1.82mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 186.77kcal (9.34%), Fat: 7.27g (11.19%), Saturated Fat: 1g (6.23%), Carbohydrates: 20.64g (6.88%), Net Carbohydrates: 17.72g (6.44%), Sugar: 3.79g (4.21%), Cholesterol: 13.8mg (4.6%), Sodium: 812.68mg (35.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.84g (19.68%), Vitamin C: 25.6mg (31.03%), Manganese: 0.34mg (16.75%), Vitamin A: 833.41IU (16.67%), Phosphorus: 158.83mg (15.88%), Selenium: 10.93µg (15.61%), Folate: 60.56µg (15.14%), Vitamin K: 14.63µg (13.93%), Vitamin B1: 0.19mg (12.99%), Iron: 2.12mg (11.75%), Fiber: 2.92g (11.67%), Copper: 0.22mg (11.17%), Vitamin B2: 0.17mg (10.14%), Vitamin B3: 1.71mg (8.55%), Magnesium: 30.57mg (7.64%), Potassium: 239.57mg (6.84%), Zinc: 0.96mg (6.43%), Vitamin B6: 0.11mg (5.38%), Vitamin E: 0.77mg (5.11%), Calcium: 45.3mg (4.53%), Vitamin B5: 0.29mg (2.91%)