



Grilled Cheese, Turkey and Pickle

READY IN



25 min.

SERVINGS



4

CALORIES



624 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz cheddar grated
- ☐ 4 teaspoons dijon mustard to taste
- ☐ 2 dill pickles cut lengthwise into 4 slices
- ☐ 8 slices egg bread italian 1-inch-thick ()
- ☐ 0.5 pound turkey smoked sliced
- ☐ 1 tablespoon butter unsalted

Equipment

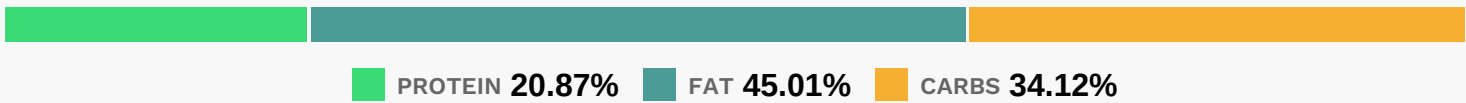
- ☐ frying pan

- ☐ paper towels
- ☐ oven
- ☐ grill

Directions

- ☐ Preheat oven to 250F.
- ☐ Spread 4 slices of bread with 1 tsp. mustard each. Top each with one-fourth of turkey, 1/4 cup cheese and 2 slices of pickle.
- ☐ Place second slice of bread on top and press with palm of your hand to compress sandwich.
- ☐ Melt half of butter in a large skillet over medium-high heat. Working with 2 sandwiches at a time, "grill" sandwiches until lightly browned, about 3 minutes per side. Keep warm in preheated oven. Wipe out skillet with paper towels, add remaining 1/2 Tbsp. butter to skillet, and prepare 2 remaining sandwiches.
- ☐ Serve with coleslaw, carrot-raisin salad and baked potato chips, if desired.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.39, Inflammation Score:-7, Nutrition Score:23.674782944762%

Nutrients (% of daily need)

Calories: 624.36kcal (31.22%), Fat: 31.06g (47.78%), Saturated Fat: 15g (93.72%), Carbohydrates: 52.97g (17.66%), Net Carbohydrates: 49.99g (18.18%), Sugar: 2.59g (2.87%), Cholesterol: 147.27mg (49.09%), Sodium: 1136.68mg (49.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.39g (64.78%), Selenium: 58.26µg (83.23%), Calcium: 525.41mg (52.54%), Vitamin B2: 0.81mg (47.63%), Phosphorus: 457.15mg (45.72%), Vitamin B3: 8.31mg (41.54%), Vitamin B1: 0.52mg (35%), Folate: 129.08µg (32.27%), Manganese: 0.58mg (28.84%), Zinc: 3.71mg (24.7%), Iron: 3.81mg (21.19%), Vitamin B12: 1.2µg (20.07%), Vitamin A: 964.82IU (19.3%), Vitamin B6: 0.36mg (18.14%), Magnesium: 50.26mg (12.56%), Fiber: 2.98g (11.91%), Copper: 0.23mg (11.71%), Vitamin B5: 0.89mg (8.95%), Potassium: 300.47mg (8.58%), Vitamin K: 8.09µg (7.71%), Vitamin D: 0.94µg (6.25%), Vitamin E: 0.87mg (5.83%)