



Grilled Hot Turkey Sandwiches

READY IN



20 min.

SERVINGS



4

CALORIES



686 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter
- 0.5 pound deli- turkey
- 2 spring onion chopped
- 4 tablespoons mayonnaise
- 4 slices pepper jack cheese
- 2 tablespoons salsa
- 8 slices sourdough bread

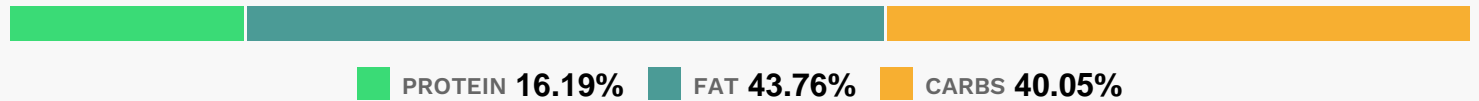
Equipment

- bowl
- frying pan

Directions

- Mix the mayonnaise, salsa, and green onions in a small bowl.
- Spread the seasoned mayonnaise evenly on each slice of bread.
- Layer the turkey and cheese on 4 of the slices. Top with remaining bread to make 4 sandwiches.
- Melt 2 tablespoons butter in a large skillet over medium heat. Fry sandwiches in butter until lightly toasted.
- Add remaining butter to skillet, turn sandwiches over. Cook until the cheese is melted, and the bread is browned.

Nutrition Facts



Properties

Glycemic Index:59.88, Glycemic Load:51.38, Inflammation Score:-7, Nutrition Score:24.283912720888%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 686.41kcal (34.32%), Fat: 33.45g (51.46%), Saturated Fat: 14.04g (87.75%), Carbohydrates: 68.89g (22.96%), Net Carbohydrates: 65.77g (23.92%), Sugar: 7.07g (7.85%), Cholesterol: 82.45mg (27.48%), Sodium: 1638.08mg (71.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.84g (55.68%), Selenium: 47.59µg (67.99%), Vitamin B1: 0.94mg (62.78%), Vitamin B3: 10.37mg (51.85%), Vitamin B2: 0.73mg (42.67%), Folate: 168.77µg (42.19%), Phosphorus: 379.9mg (37.99%), Vitamin K: 37.98µg (36.17%), Manganese: 0.7mg (35%), Iron: 5.55mg (30.83%), Calcium: 242.2mg (24.22%), Vitamin B6: 0.41mg (20.26%), Zinc: 2.57mg (17.11%), Magnesium: 60.22mg (15.06%), Fiber: 3.12g (12.46%), Vitamin A: 618.67IU (12.37%), Potassium: 420.48mg (12.01%), Copper: 0.23mg (11.39%), Vitamin E: 1.31mg (8.74%), Vitamin B12: 0.42µg (7.08%), Vitamin B5: 0.7mg (7.03%), Vitamin D: 0.27µg (1.78%), Vitamin C: 1.28mg (1.55%)