



Grilled Tomato, Smoked Turkey, and Muenster Sandwich

READY IN



45 min.

SERVINGS



2

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons butter softened
- ☐ 1 tablespoon dijon mustard
- ☐ 1 ounce muenster cheese
- ☐ 1 tablespoon onion red minced
- ☐ 3 tablespoons cup heavy whipping cream fat-free sour
- ☐ 6 ounce sourdough bread
- ☐ 2 inch tomatoes
- ☐ 6 ounce honey-roasted turkey breast smoked fat-free

☐ 1 teaspoon or dried fresh chopped

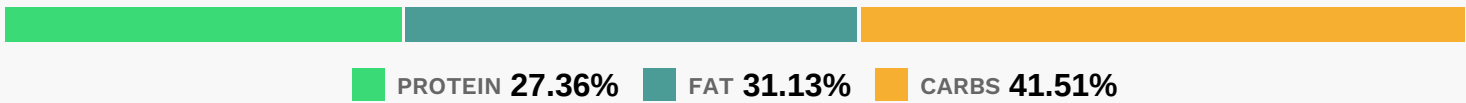
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine the first 4 ingredients in a bowl.
- ☐ Spread 1 teaspoon butter on one side of each bread slice.
- ☐ Spread 2 tablespoons mustard mixture over unbuttered side of each of 2 bread slices; top each with 3 turkey slices, 2 tomato slices, 1 cheese slice, and 1 bread slice (with buttered side out).
- ☐ Heat a large nonstick skillet over medium heat until hot.
- ☐ Add the sandwiches; cover and cook for 3 minutes on each side or until golden brown.

Nutrition Facts



Properties

Glycemic Index:127.25, Glycemic Load:34.23, Inflammation Score:-8, Nutrition Score:21.875217536221%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 462.83kcal (23.14%), Fat: 16.13g (24.82%), Saturated Fat: 8.58g (53.62%), Carbohydrates: 48.4g (16.13%), Net Carbohydrates: 45.9g (16.69%), Sugar: 4.6g (5.11%), Cholesterol: 82.65mg (27.55%), Sodium: 948.99mg (41.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.91g (63.81%), Selenium: 49.34µg (70.48%), Vitamin B3: 12.66mg (63.29%), Vitamin B1: 0.66mg (44.1%), Vitamin B6: 0.78mg (38.9%), Phosphorus: 387.02mg (38.7%), Vitamin B2: 0.57mg (33.59%), Folate: 117.77µg (29.44%), Manganese: 0.53mg (26.63%), Iron: 4.6mg (25.55%), Calcium: 198.24mg (19.82%), Zinc: 2.58mg (17.19%), Magnesium: 59.78mg (14.95%), Vitamin B12: 0.82µg (13.59%), Potassium: 378.58mg (10.82%), Vitamin B5: 1.01mg (10.12%), Vitamin K: 10.56µg (10.05%), Vitamin A: 501.84IU

(10.04%), Fiber: 2.49g (9.98%), Copper: 0.19mg (9.7%), Vitamin E: 0.58mg (3.85%), Vitamin C: 1mg (1.21%), Vitamin D: 0.17µg (1.13%)