

## Grilled Triple-Decker Club

READY IN



15 min.

SERVINGS



1

CALORIES



896 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon butter
- 2 slices deli honey ham thin
- 2 slices deli turkey thin
- 1 eggs
- 2 tablespoons mayonnaise
- 1 tablespoon milk
- 2 slices mozzarella cheese
- 3 slices bread whole wheat

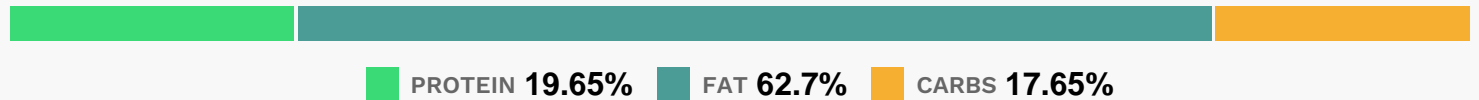
## Equipment

- bowl
- frying pan
- whisk

## Directions

- Layer one slice of bread, one slice of cheese, ham, second slice of bread, turkey, mayonnaise, remaining cheese and remaining bread. In a small bowl, whisk egg and milk.
- Brush over the outsides of sandwich.
- In a skillet over medium heat, melt butter. Brown sandwich on both sides until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:234.7, Glycemic Load:22.41, Inflammation Score:-7, Nutrition Score:31.869565258855%

## Nutrients (% of daily need)

Calories: 895.58kcal (44.78%), Fat: 62.11g (95.56%), Saturated Fat: 23.58g (147.36%), Carbohydrates: 39.35g (13.12%), Net Carbohydrates: 34.31g (12.48%), Sugar: 5.61g (6.24%), Cholesterol: 291.95mg (97.32%), Sodium: 1924.74mg (83.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.8g (87.6%), Manganese: 1.83mg (91.66%), Selenium: 58.59µg (83.71%), Phosphorus: 647.15mg (64.72%), Vitamin K: 54.65µg (52.05%), Calcium: 477.46mg (47.75%), Vitamin B1: 0.71mg (47.43%), Vitamin B2: 0.66mg (38.55%), Vitamin B12: 2.18µg (36.34%), Zinc: 5.25mg (35.02%), Vitamin B3: 6.33mg (31.66%), Vitamin B6: 0.5mg (25.09%), Magnesium: 98.61mg (24.65%), Iron: 3.9mg (21.65%), Vitamin A: 1015.55IU (20.31%), Fiber: 5.04g (20.16%), Vitamin B5: 1.71mg (17.06%), Vitamin E: 2.48mg (16.5%), Copper: 0.32mg (15.99%), Folate: 63.43µg (15.86%), Potassium: 538.21mg (15.38%), Vitamin D: 1.72µg (11.46%)