



Grilled Turkey and Goat Cheese Sandwiches

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup basil fresh chopped
- ☐ 4 ounces goat cheese
- ☐ 10 ounce pizza crust italian cut in half horizontally cheese-flavored (such as Boboli)
- ☐ 7 ounce roasted bell peppers red drained
- ☐ 0.8 pound turkey breast cooked thinly sliced

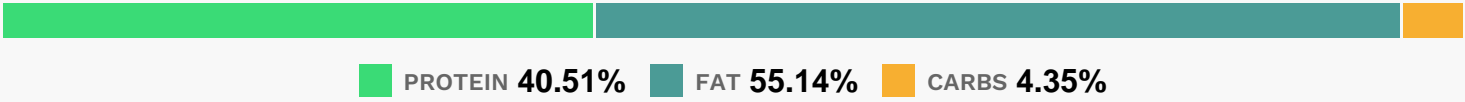
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet coated with cooking spray over medium heat.
- ☐ Spread cheese over one half of crust. Arrange basil, peppers, and turkey over cheese. Top with the remaining half of crust, and cut into 4 wedges.
- ☐ Add sandwiches to pan; cook 3 minutes on each side or until browned.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:14.163913205914%

Nutrients (% of daily need)

Calories: 397.87kcal (19.89%), Fat: 25.27g (38.88%), Saturated Fat: 7.24g (45.23%), Carbohydrates: 4.49g (1.5%), Net Carbohydrates: 3.85g (1.4%), Sugar: 0.3g (0.34%), Cholesterol: 73.14mg (24.38%), Sodium: 1093.49mg (47.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.78g (83.56%), Vitamin B3: 8.86mg (44.31%), Vitamin B6: 0.82mg (41.15%), Selenium: 20.26µg (28.94%), Vitamin C: 23.61mg (28.62%), Phosphorus: 284.89mg (28.49%), Calcium: 218.99mg (21.9%), Copper: 0.33mg (16.39%), Vitamin B2: 0.25mg (14.6%), Vitamin A: 726.09IU (14.52%), Vitamin K: 12.96µg (12.34%), Zinc: 1.48mg (9.87%), Vitamin B12: 0.59µg (9.83%), Vitamin B5: 0.88mg (8.77%), Potassium: 294.47mg (8.41%), Magnesium: 33.18mg (8.29%), Iron: 1.49mg (8.28%), Manganese: 0.15mg (7.41%), Folate: 19.33µg (4.83%), Vitamin B1: 0.06mg (4.09%), Fiber: 0.64g (2.57%), Vitamin D: 0.2µg (1.32%)