



Grilled Turkey and Ham Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ounce small- bread whole-wheat 100%
- ☐ 4 ounce deli
- ☐ 4 ounce deli
- ☐ 1 tablespoon dijon honey mustard
- ☐ 1 tablespoon mayonnaise light
- ☐ 2 ounce mild cheddar cheese reduced-fat
- ☐ 8 slices tomatoes 1/4-inch-thick

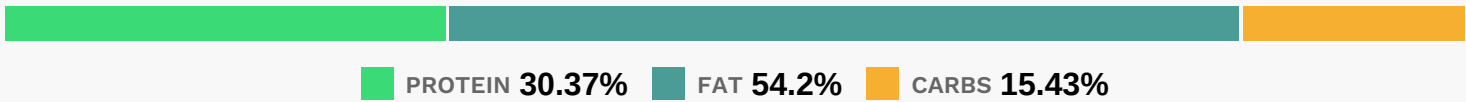
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine mayonnaise and mustard in a small bowl.
- ☐ Spread about 1 teaspoon mayonnaise mixture over 1 side of each bread slice. Top each of 4 bread slices with 1 turkey slice, 1 ham slice, 1 cheese slice, and 2 tomato slices. Top with remaining bread slices.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add sandwiches to pan; cook 3 minutes or until lightly browned. Coat tops of sandwiches with cooking spray. Turn sandwiches over; cook 2 minutes or until cheese melts.
- ☐ Stir together mayonnaise and mustard
- ☐ Count out slices of bread, turkey, ham, tomato, and cheese
- ☐ Spread mayonnaise mixture on bread
- ☐ Assemble sandwiches
- ☐ Coat sandwiches with cooking spray

Nutrition Facts



Properties

Glycemic Index:30.92, Glycemic Load:2.45, Inflammation Score:-5, Nutrition Score:9.2139129845992%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 200.07kcal (10%), Fat: 11.91g (18.33%), Saturated Fat: 4.9g (30.6%), Carbohydrates: 7.64g (2.55%), Net Carbohydrates: 6.7g (2.44%), Sugar: 2.76g (3.07%), Cholesterol: 46.8mg (15.6%), Sodium: 535.67mg (23.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.02g (30.04%), Selenium: 16.87µg (24.09%), Phosphorus: 185.05mg (18.51%), Vitamin B3: 3.53mg (17.63%), Vitamin B1: 0.23mg (15.57%), Vitamin B6: 0.29mg (14.46%), Vitamin A: 605.71IU (12.11%), Calcium: 118.88mg (11.89%), Zinc: 1.7mg (11.36%), Vitamin B2: 0.19mg (11.21%), Vitamin

B12: 0.58µg (9.62%), Vitamin C: 7.41mg (8.98%), Potassium: 276.14mg (7.89%), Manganese: 0.15mg (7.7%), Vitamin K: 6.83µg (6.51%), Magnesium: 23.16mg (5.79%), Folate: 19.5µg (4.88%), Iron: 0.85mg (4.71%), Vitamin B5: 0.46mg (4.6%), Copper: 0.09mg (4.34%), Vitamin E: 0.61mg (4.05%), Fiber: 0.93g (3.73%), Vitamin D: 0.34µg (2.29%)