



Grilled Turkey and Ham Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 ounce country bread white
- ☐ 2 ounce cheddar cheese reduced-fat
- ☐ 2 ounce deli
- ☐ 4 ounce deli
- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon mayonnaise light
- ☐ 2 inch tomatoes

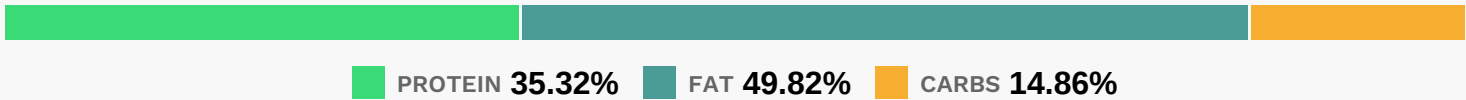
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine mayonnaise and mustard in a small bowl.
- ☐ Spread about 1 teaspoon mayonnaise mixture over 1 side of each of 4 bread slices. Top each slice 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 heat. Coat pan with cooking spray.
- ☐ Add sandwiches to pan; cook 4 minutes or until lightly browned. Turn sandwiches over; cook 2 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:42.94, Glycemic Load:2.6, Inflammation Score:-2, Nutrition Score:5.408260859873%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 114.92kcal (5.75%), Fat: 6.37g (9.79%), Saturated Fat: 2.99g (18.66%), Carbohydrates: 4.27g (1.42%), Net Carbohydrates: 4.04g (1.47%), Sugar: 0.62g (0.68%), Cholesterol: 30.04mg (10.01%), Sodium: 5721.52mg (248.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.15g (20.31%), Selenium: 12.62µg (18.03%), Vitamin B3: 3.17mg (15.87%), Phosphorus: 142.01mg (14.2%), Calcium: 123.67mg (12.37%), Vitamin B6: 0.24mg (11.9%), Vitamin B2: 0.12mg (7.16%), Zinc: 0.98mg (6.52%), Vitamin B12: 0.33µg (5.48%), Vitamin B1: 0.05mg (3.5%), Magnesium: 13.78mg (3.44%), Manganese: 0.07mg (3.32%), Folate: 13.25µg (3.31%), Vitamin A: 161.69IU (3.23%), Vitamin B5: 0.32mg (3.23%), Iron: 0.49mg (2.72%), Potassium: 94.92mg (2.71%), Vitamin K: 2.35µg (2.24%), Copper: 0.03mg (1.74%), Vitamin E: 0.23mg (1.51%)