



Grilled Turkey and Swiss Sandwich

READY IN



15 min.

SERVINGS



1

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup baby spinach to taste
- ☐ 1 tablespoon mayonnaise
- ☐ 2 slices cocktail rye bread thick-cut
- ☐ 2 slices swiss cheese
- ☐ 2 slices turkey meat leftover to taste

Equipment

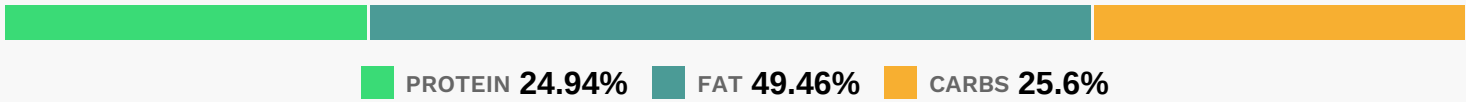
- ☐ baking sheet
- ☐ oven

☐ broiler

Directions

- ☐ Set oven rack about 6 inches from the heat source and preheat the oven's broiler.
- ☐ Spread mayonnaise onto 1 side of each bread slice.
- ☐ Layer Swiss cheese, turkey, and spinach onto the mayonnaise–side of 1 bread slice; top with second bread slice.
- ☐ Place sandwich on a baking sheet.
- ☐ Broil in the preheated oven until heated through and cheese is bubbling, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:161.33, Glycemic Load:14.44, Inflammation Score:-7, Nutrition Score:22.78086933364%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 502.14kcal (25.11%), Fat: 27.29g (41.99%), Saturated Fat: 9.44g (58.99%), Carbohydrates: 31.79g (10.6%), Net Carbohydrates: 27.91g (10.15%), Sugar: 2.58g (2.86%), Cholesterol: 98.54mg (32.85%), Sodium: 601.33mg (26.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.96g (61.91%), Selenium: 47.1µg (67.28%), Vitamin K: 60.29µg (57.42%), Phosphorus: 406.65mg (40.67%), Vitamin B3: 7.87mg (39.34%), Calcium: 365.7mg (36.57%), Manganese: 0.61mg (30.26%), Vitamin B2: 0.49mg (28.92%), Vitamin B12: 1.61µg (26.91%), Zinc: 3.66mg (24.43%), Folate: 93.75µg (23.44%), Vitamin B6: 0.43mg (21.63%), Vitamin B1: 0.31mg (20.93%), Vitamin A: 1020.9IU (20.42%), Fiber: 3.88g (15.51%), Iron: 2.7mg (14.99%), Magnesium: 59.69mg (14.92%), Copper: 0.2mg (9.98%), Vitamin B5: 0.99mg (9.87%), Potassium: 308.87mg (8.82%), Vitamin E: 1.07mg (7.11%), Vitamin C: 2.36mg (2.86%), Vitamin D: 0.25µg (1.68%)