



Grilled Turkey, Cheddar and Apple Sandwiches

READY IN



20 min.

SERVINGS



10

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 slices cheddar
- ☐ 8 oz deli turkey thin
- ☐ 0.5 apples i use 2 granny smith apples cored thinly sliced
- ☐ 2 tablespoons dijon honey mustard
- ☐ 8 slices whole-grain bread white hearty
- ☐ 3 tablespoons butter unsalted

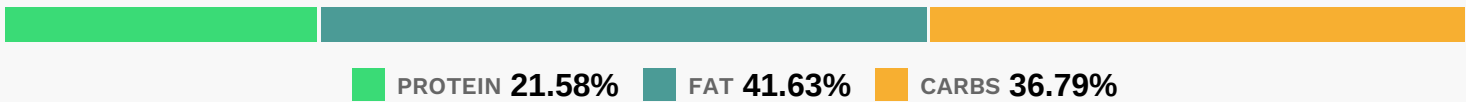
Equipment

- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Spread 1 1/2 Tbsp. butter on 1 side of 4 slices of bread, and spread mustard on other side of each slice. Top mustard covered side of each bread slice with 1 slice Cheddar, followed by 1/4 each of turkey and apple slices.
- ☐ Spread remaining butter on 1 side of remaining 4 slices of bread and place them, butter side up, on top of apple slices.
- ☐ Place sandwiches in a large skillet and cook over medium-high heat until golden, about 3 to 5 minutes per side. If skillet is too small, cook sandwiches 2 at a time, placing first batch on a plate and covering loosely with foil while cooking second batch.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.87, Glycemic Load:6.17, Inflammation Score:-2, Nutrition Score:5.3295652270317%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 144.54kcal (7.23%), Fat: 6.69g (10.29%), Saturated Fat: 3.68g (22.98%), Carbohydrates: 13.3g (4.43%), Net Carbohydrates: 11.74g (4.27%), Sugar: 2.94g (3.27%), Cholesterol: 23.09mg (7.7%), Sodium: 431.17mg (18.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.8g (15.6%), Manganese: 0.48mg (24.11%), Phosphorus: 133.26mg (13.33%), Selenium: 7.75µg (11.07%), Calcium: 88.64mg (8.86%), Magnesium: 25.75mg (6.44%), Fiber: 1.56g (6.25%), Vitamin B1: 0.09mg (6.09%), Zinc: 0.85mg (5.64%), Copper: 0.11mg (5.63%), Vitamin B3: 1.01mg (5.03%), Iron: 0.85mg (4.71%), Vitamin B2: 0.07mg (4.17%), Vitamin A: 178.68IU (3.57%), Potassium: 118.47mg

(3.38%), Vitamin B6: 0.06mg (2.85%), Folate: 11.23µg (2.81%), Vitamin K: 2.4µg (2.29%), Vitamin B5: 0.19mg (1.92%),
Vitamin E: 0.29mg (1.91%), Vitamin B12: 0.08µg (1.32%)