



## Grilled Turkey & Cheese Sandwich

READY IN



13 min.

SERVINGS



4

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup original barbecue sauce kraft
- 3 Tbsp butter softened
- 12 slices oscar mayer deli oven roasted turkey breast fresh
- 4 milk singles 2% kraft
- 8 slices tomatoes thin
- 8 slices bread whole wheat

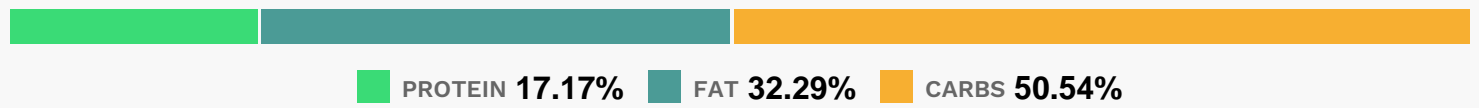
### Equipment

- grill

## Directions

- Heat grill to medium-low heat.
- Fill bread slices with 2% Milk Singles, tomatoes and turkey to make 4 sandwiches.
- Spread outsides of sandwiches with butter.
- Grill 1-1/2 min. on each side or until golden brown on both sides.
- Cut each into 4 strips.
- Serve as dippers with barbecue sauce.

## Nutrition Facts



## Properties

Glycemic Index:26.92, Glycemic Load:14.5, Inflammation Score:-5, Nutrition Score:12.984782508534%

## 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: 315.36kcal (15.77%), Fat: 11.36g (17.48%), Saturated Fat: 2.4g (14.97%), Carbohydrates: 39.99g (13.33%), Net Carbohydrates: 36.29g (13.2%), Sugar: 14.71g (16.35%), Cholesterol: 18.44mg (6.15%), Sodium: 1090.61mg (47.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.59g (27.18%), Manganese: 1.25mg (62.55%), Vitamin B3: 5.97mg (29.86%), Selenium: 19.69µg (28.13%), Phosphorus: 222.21mg (22.22%), Vitamin B1: 0.25mg (16.44%), Vitamin B6: 0.31mg (15.54%), Fiber: 3.71g (14.82%), Magnesium: 57.77mg (14.44%), Calcium: 111.59mg (11.16%), Potassium: 363.09mg (10.37%), Iron: 1.81mg (10.05%), Vitamin A: 478.27IU (9.57%), Vitamin B2: 0.14mg (8.51%), Zinc: 1.24mg (8.25%), Vitamin B5: 0.81mg (8.08%), Copper: 0.16mg (8.04%), Vitamin E: 1.04mg (6.93%), Folate: 27.21µg (6.8%), Vitamin K: 5.17µg (4.93%), Vitamin B12: 0.07µg (1.1%)