



## Grilled Turkey Club

READY IN



10 min.

SERVINGS



1

CALORIES



452 kcal

### Ingredients

- 2 slices oscar mayer bacon fully cooked cut in half
- 5 slices oscar mayer deli turkey breast smoked fresh
- 1 singles kraft
- 1 Tbsp real mayo mayonnaise kraft
- 1 slice tomatoes
- 2 slices bread white

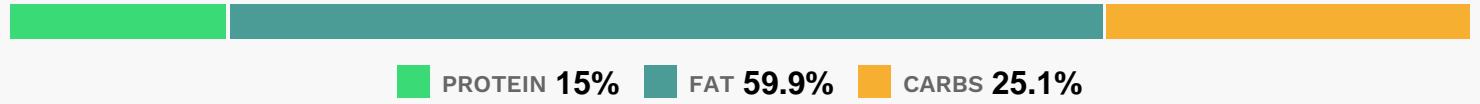
### Equipment

- frying pan

## Directions

- Fill bread slices with all remaining ingredients except mayo.
- Spread outside of sandwich with mayo.
- Cook in skillet on medium heat 2 to 3 min. on each side or until golden brown on both sides.

## Nutrition Facts



## Properties

Glycemic Index:162.78, Glycemic Load:17.85, Inflammation Score:-4, Nutrition Score:11.682173744492%

## Flavonoids

Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 452.26kcal (22.61%), Fat: 29.92g (46.04%), Saturated Fat: 7.97g (49.82%), Carbohydrates: 28.21g (9.4%), Net Carbohydrates: 26.73g (9.72%), Sugar: 4.21g (4.67%), Cholesterol: 47.8mg (15.93%), Sodium: 1108.54mg (48.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.86g (33.73%), Selenium: 20.76µg (29.66%), Vitamin B1: 0.39mg (25.75%), Vitamin K: 24.73µg (23.55%), Phosphorus: 231.27mg (23.13%), Vitamin B3: 4.31mg (21.55%), Manganese: 0.33mg (16.63%), Folate: 60.24µg (15.06%), Iron: 2.41mg (13.37%), Calcium: 123.02mg (12.3%), Copper: 0.2mg (9.95%), Vitamin B2: 0.17mg (9.78%), Zinc: 1.39mg (9.3%), Vitamin B6: 0.19mg (9.29%), Potassium: 296.73mg (8.48%), Magnesium: 32.69mg (8.17%), Vitamin E: 0.9mg (5.98%), Fiber: 1.48g (5.9%), Vitamin B5: 0.56mg (5.6%), Vitamin A: 272.32IU (5.45%), Vitamin C: 3.7mg (4.49%), Vitamin B12: 0.24µg (3.94%), Vitamin D: 0.2µg (1.36%)