



Grilled Veggie-Turkey Sandwiches

READY IN



25 min.

SERVINGS



4

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 large bell pepper red cut into fourths
- 4 slices onion red
- 1 serving pam original flavor shopping list
- 0.3 teaspoon garlic powder
- 4 large slices sourdough bread cut in half, or 8 slices sandwich bread (from round loaf)
- 8 teaspoons canola oil
- 0.3 cup alouette garlic & herbs spreadable cheese reduced-fat
- 8 basil
- 6 oz turkey cooked thinly sliced

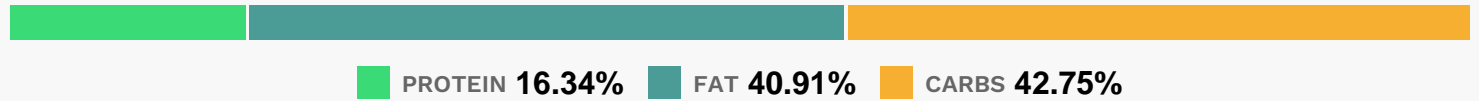
Equipment

grill

Directions

- Heat coals or gas grill for direct heat. Spray bell pepper pieces and onion slices with cooking spray; sprinkle with garlic powder.
- Place vegetables on grill. Cover and grill over medium heat 5 to 8 minutes, turning once, until tender; remove from grill.
- Cut pepper pieces in half.
- Brush one side of each slice of bread with 1 teaspoon oil.
- Spread other side of 4 slices of bread with 1 tablespoon cheese. Top each with 2 basil leaves, 1 onion slice, 2 pepper pieces and turkey. Top with another slice of bread, oil side up.
- Grill sandwiches over medium heat 2 to 4 minutes, turning carefully once, until bread is toasted.

Nutrition Facts



Properties

Glycemic Index:53.63, Glycemic Load:26.42, Inflammation Score:-8, Nutrition Score:17.084348144739%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 353.76kcal (17.69%), Fat: 16.33g (25.12%), Saturated Fat: 4.17g (26.04%), Carbohydrates: 38.39g (12.8%), Net Carbohydrates: 35.85g (13.04%), Sugar: 5.3g (5.89%), Cholesterol: 37.09mg (12.36%), Sodium: 498.22mg (21.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.68g (29.35%), Vitamin C: 53.66mg (65.05%), Selenium: 24.89µg (35.56%), Vitamin B1: 0.5mg (33.24%), Vitamin B3: 5.82mg (29.08%), Vitamin A: 1343.1IU (26.86%), Folate: 102.99µg (25.75%), Vitamin B2: 0.37mg (21.68%), Manganese: 0.41mg (20.7%), Vitamin B6: 0.39mg (19.49%), Iron: 3mg (16.69%), Vitamin E: 2.22mg (14.8%), Phosphorus: 138.4mg (13.84%), Vitamin K: 11.54µg (10.99%), Fiber: 2.54g (10.15%), Zinc: 1.34mg (8.94%), Magnesium: 35mg (8.75%), Potassium: 254.06mg (7.26%),

Copper: 0.14mg (6.85%), Vitamin B12: 0.37 μ g (6.14%), Vitamin B5: 0.61mg (6.09%), Calcium: 44.26mg (4.43%)