



## Harvest Turkey Melts

READY IN



10 min.

SERVINGS



2

CALORIES



231 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 Tbsp balsamic vinaigrette dressing kraft
- 12 slices oscar mayer deli oven roasted turkey breast fresh
- 2 big mild cheddar cheese kraft
- 1 Tbsp miracle whip dressing
- 2 slices multi-grain bread
- 1 pears fresh thinly sliced

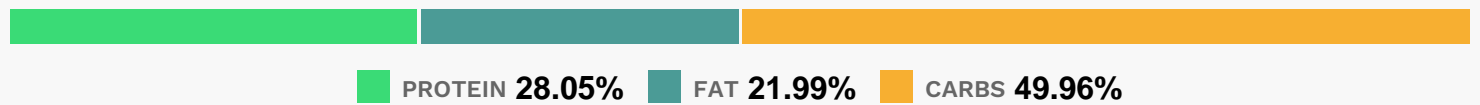
### Equipment

- frying pan

## Directions

- Mix dressings; spread bread evenly with half the dressing mixture.
- Place, dressing-sides down, in skillet.
- Spread with remaining dressing mixture.
- Top with turkey, pears and cheese; cover skillet.
- Cook on medium-low heat 5 min. or until bottoms of sandwiches are golden brown and cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:66.72, Glycemic Load:11.2, Inflammation Score:-3, Nutrition Score:11.447391375251%

## Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

## Nutrients (% of daily need)

Calories: 230.71kcal (11.54%), Fat: 5.76g (8.87%), Saturated Fat: 1.12g (7%), Carbohydrates: 29.46g (9.82%), Net Carbohydrates: 24.87g (9.04%), Sugar: 11.53g (12.81%), Cholesterol: 38.44mg (12.81%), Sodium: 1005.57mg (43.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.54g (33.08%), Vitamin B3: 7.91mg (39.54%), Manganese: 0.66mg (32.82%), Phosphorus: 260.06mg (26.01%), Selenium: 17.1µg (24.43%), Vitamin B6: 0.41mg (20.37%), Fiber: 4.59g (18.36%), Potassium: 437.13mg (12.49%), Magnesium: 46.78mg (11.69%), Vitamin B1: 0.16mg (10.33%), Vitamin B5: 0.94mg (9.42%), Copper: 0.15mg (7.55%), Vitamin B2: 0.13mg (7.36%), Calcium: 69.87mg (6.99%), Zinc: 0.99mg (6.57%), Iron: 1.17mg (6.49%), Vitamin K: 6.12µg (5.83%), Folate: 23.24µg (5.81%), Vitamin C: 3.83mg (4.64%), Vitamin E: 0.5mg (3.31%), Vitamin B12: 0.11µg (1.86%)