



## Kids' Favorite Turkey Panini

READY IN



10 min.

SERVINGS



1

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tsp butter softened
- 6 slices oscar mayer deli turkey breast smoked fresh
- 1 singles kraft
- 2 slices bread thick-cut white

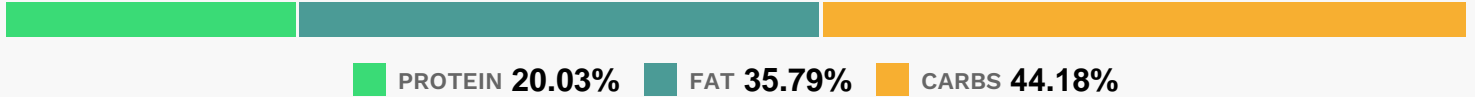
### Equipment

- grill
- panini press

## Directions

- Heat panini grill.
- Fill bread slices with turkey and Singles.
- Spread outside of sandwich with butter.
- Grill 2 min. or until sandwich is golden brown and Singles is melted.

## Nutrition Facts



## Properties

Glycemic Index:74.78, Glycemic Load:17.54, Inflammation Score:-5, Nutrition Score:7.3921738619228%

## Nutrients (% of daily need)

Calories: 244.39kcal (12.22%), Fat: 9.71g (14.94%), Saturated Fat: 2.09g (13.04%), Carbohydrates: 26.96g (8.99%), Net Carbohydrates: 25.81g (9.39%), Sugar: 3.55g (3.95%), Cholesterol: 15.52mg (5.17%), Sodium: 912.28mg (39.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.23g (24.45%), Phosphorus: 179.25mg (17.93%), Vitamin B1: 0.25mg (16.96%), Selenium: 11.6µg (16.57%), Manganese: 0.3mg (14.8%), Folate: 55.59µg (13.9%), Iron: 2.21mg (12.3%), Calcium: 120.72mg (12.07%), Vitamin B3: 2.38mg (11.91%), Copper: 0.18mg (9.1%), Vitamin B2: 0.13mg (7.43%), Vitamin A: 358.4IU (7.17%), Magnesium: 26.74mg (6.69%), Zinc: 0.88mg (5.85%), Potassium: 163.21mg (4.66%), Fiber: 1.15g (4.61%), Vitamin B5: 0.28mg (2.76%), Vitamin E: 0.4mg (2.68%), Vitamin B6: 0.05mg (2.34%)