Mini Turkey-Cranberry Melts

READY IN	SERVINGS	CALORIES
18 min.	4	334 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 0.5 cup baby spinach leaves
- [ ] 1 bread roll french cut into 8 slices (4 inch)
- [ ] 2 singles halved kraft
- [ ] 4 tsp miracle whip dressing
- [ ] 0.3 lb turkey breast cooked sliced
- [ ] 0.3 cup berry cranberry sauce whole

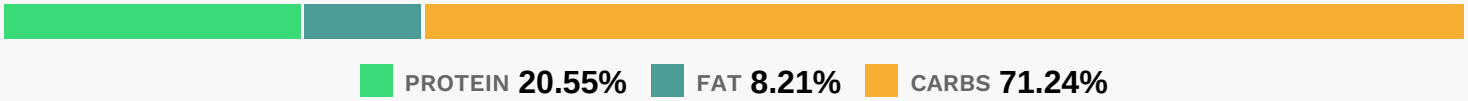
Equipment

- [ ] frying pan

Directions

- [ ] Heat large nonstick skillet on medium heat.
- [ ] Spread cranberry sauce onto 4 bread slices; cover with turkey, spinach, Singles and remaining bread slices.
- [ ] Spread outsides of sandwiches with dressing.
- [ ] Cook 4 min. on each side or until golden brown on both sides.

Nutrition Facts



PROTEIN **20.55%** FAT **8.21%** CARBS **71.24%**

Properties

Glycemic Index:28.13, Glycemic Load:40.03, Inflammation Score:-6, Nutrition Score:16.350000109362%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 334.26kcal (16.71%), Fat: 3.07g (4.73%), Saturated Fat: 0.65g (4.05%), Carbohydrates: 59.94g (19.98%), Net Carbohydrates: 57.37g (20.86%), Sugar: 10.76g (11.96%), Cholesterol: 15.84mg (5.28%), Sodium: 710.13mg (30.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.29g (34.59%), Selenium: 35.14µg (50.2%), Vitamin B1: 0.72mg (48.33%), Vitamin B3: 7.68mg (38.39%), Folate: 132.43µg (33.11%), Manganese: 0.57mg (28.51%), Vitamin B2: 0.48mg (28.25%), Iron: 4.24mg (23.57%), Vitamin K: 19.06µg (18.15%), Phosphorus: 179.31mg (17.93%), Vitamin B6: 0.34mg (16.82%), Magnesium: 42.4mg (10.6%), Fiber: 2.57g (10.28%), Zinc: 1.45mg (9.64%), Copper: 0.18mg (8.81%), Vitamin A: 378.94IU (7.58%), Calcium: 64.07mg (6.41%), Potassium: 215.06mg (6.14%), Vitamin B5: 0.56mg (5.56%), Vitamin E: 0.47mg (3.11%), Vitamin B12: 0.18µg (2.98%), Vitamin C: 1.23mg (1.49%)