



## Mozzarella-Turkey Panini Sandwiches

READY IN



10 min.

SERVINGS



10

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

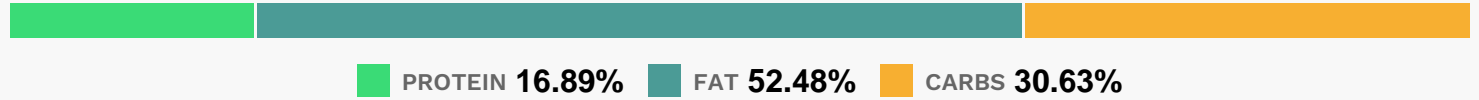
- 1 Tbsp olives black chopped
- 1 tsp basil leaves dried
- 4 slices bread italian
- 2 Tbsp mayo with olive oil reduced fat mayonnaise kraft
- 2 slim cut mozzarella cheese kraft
- 2 romaine lettuce leaves
- 4 oz oscar mayer carving board oven roasted turkey breast

### Equipment

## Directions

- Mix mayo, olives and basil; spread onto bread slices.
- Fill with remaining ingredients to make 2 sandwiches.

## Nutrition Facts



## Properties

Glycemic Index:2.7, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:2.3965217438729%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 65.46kcal (3.27%), Fat: 3.85g (5.92%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 5.05g (1.68%), Net Carbohydrates: 4.57g (1.66%), Sugar: 2.73g (3.04%), Cholesterol: 6.39mg (2.13%), Sodium: 183.92mg (8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.57%), Vitamin A: 496.28IU (9.93%), Vitamin K: 9.66µg (9.2%), Vitamin B3: 1.41mg (7.07%), Phosphorus: 35.33mg (3.53%), Folate: 14.03µg (3.51%), Vitamin B6: 0.06mg (2.84%), Selenium: 1.64µg (2.34%), Iron: 0.4mg (2.23%), Potassium: 77.05mg (2.2%), Fiber: 0.48g (1.91%), Magnesium: 6.27mg (1.57%), Vitamin B1: 0.02mg (1.42%), Manganese: 0.03mg (1.26%), Vitamin B2: 0.02mg (1.25%), Vitamin B5: 0.12mg (1.22%)