



## Open-Face Turkey Cheddar Melts

READY IN



15 min.

SERVINGS



15

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 24 slices oscar mayer deli oven roasted turkey breast fresh
- 2 Tbsp grey poupon country dijon mustard
- 3 small plum tomatoes cut into 8 thin slices each
- 24 ritz crackers
- 6 oz sharp cheddar cheese cut into 24 slices kraft ()

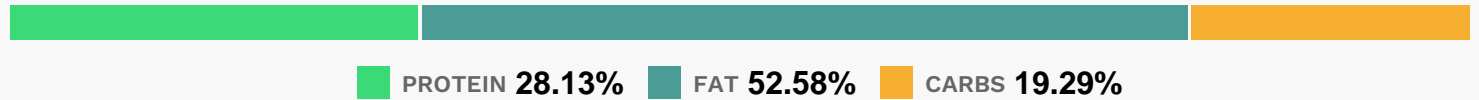
### Equipment

- baking sheet
- oven

## Directions

- Heat oven to 350F.
- Place crackers in single layer on baking sheet.
- Top with turkey, tomatoes and cheese.
- Bake 3 min. or until cheese begins to melt; top with mustard.

## Nutrition Facts



## Properties

Glycemic Index:6.47, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:3.9869564849397%

## Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 92.15kcal (4.61%), Fat: 5.42g (8.34%), Saturated Fat: 2.56g (15.97%), Carbohydrates: 4.47g (1.49%), Net Carbohydrates: 4.13g (1.5%), Sugar: 0.93g (1.03%), Cholesterol: 21.13mg (7.04%), Sodium: 336.88mg (14.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.05%), Phosphorus: 119.52mg (11.95%), Vitamin B3: 2.06mg (10.32%), Selenium: 6.64µg (9.49%), Calcium: 92.18mg (9.22%), Vitamin B6: 0.11mg (5.37%), Vitamin B2: 0.08mg (4.71%), Vitamin A: 220.06IU (4.4%), Zinc: 0.58mg (3.85%), Vitamin K: 3.68µg (3.51%), Potassium: 115.95mg (3.31%), Magnesium: 11.29mg (2.82%), Vitamin B1: 0.04mg (2.81%), Manganese: 0.05mg (2.69%), Vitamin B5: 0.27mg (2.69%), Vitamin E: 0.39mg (2.59%), Vitamin B12: 0.15µg (2.45%), Folate: 9.18µg (2.3%), Vitamin C: 1.71mg (2.07%), Iron: 0.37mg (2.07%), Fiber: 0.35g (1.38%), Copper: 0.02mg (1.12%)