



WHATSheATE



Open-Faced Turkey Patty Melt

READY IN



45 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup dijon mustard country-style
- ☐ 1 large egg white
- ☐ 1 pound ground turkey breast
- ☐ 4 ounce swiss cheese reduced-fat
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup part-skim ricotta cheese
- ☐ 4 slices cocktail rye bread light
- ☐ 1 cup vidalia sweet vertically sliced

☐ 1.5 teaspoons worcestershire sauce

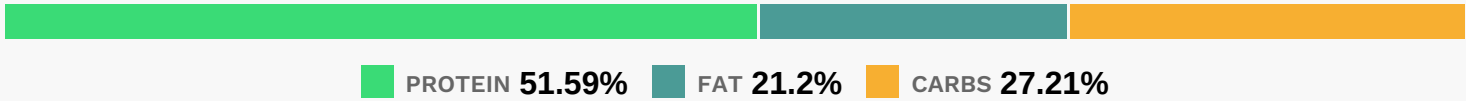
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add onion to pan. Cook 5 minutes or until lightly browned; stir occasionally.
- ☐ Transfer onion to a bowl.
- ☐ Preheat broiler.
- ☐ Combine cheese and next 4 ingredients (through egg white). Divide turkey mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty. Return pan to medium heat. Coat pan with cooking spray.
- ☐ Add patties to pan; cook 4 minutes or until brown. Turn patties over; cook 1 minute. Top each patty with 1 cheese slice; cook 3 minutes or until cheese melts and patties are done.
- ☐ Place bread slices in a single layer on a baking sheet; broil 2 minutes or until toasted.
- ☐ Spread 1 tablespoon mustard on each bread slice; top each serving with 1 patty. Divide onion mixture evenly among sandwiches.

Nutrition Facts



Properties

Glycemic Index:29.08, Glycemic Load:7.2, Inflammation Score:-6, Nutrition Score:21.291304583135%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.46mg, Myricetin:

0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg, Quercetin: 5.81mg

Nutrients (% of daily need)

Calories: 319.8kcal (15.99%), Fat: 7.52g (11.57%), Saturated Fat: 2.63g (16.45%), Carbohydrates: 21.71g (7.24%), Net Carbohydrates: 18.77g (6.82%), Sugar: 4.17g (4.63%), Cholesterol: 77.1mg (25.7%), Sodium: 543.99mg (23.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.17g (82.34%), Selenium: 48.3µg (69%), Vitamin B3: 12.43mg (62.15%), Vitamin B6: 1.09mg (54.27%), Phosphorus: 527.88mg (52.79%), Calcium: 363.27mg (36.33%), Zinc: 3.84mg (25.57%), Vitamin B2: 0.41mg (24.4%), Manganese: 0.4mg (20.01%), Vitamin B12: 1.11µg (18.45%), Vitamin B1: 0.27mg (17.74%), Magnesium: 70.91mg (17.73%), Potassium: 544.21mg (15.55%), Folate: 58.83µg (14.71%), Iron: 2.4mg (13.35%), Vitamin B5: 1.28mg (12.81%), Fiber: 2.95g (11.79%), Copper: 0.18mg (9.09%), Vitamin D: 0.5µg (3.32%), Vitamin A: 147.8IU (2.96%), Vitamin C: 2.4mg (2.91%), Vitamin E: 0.43mg (2.84%), Vitamin K: 2.02µg (1.93%)