



## Oven-Grilled Loaded Turkey Melts

READY IN



50 min.

SERVINGS



30

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 2 avocados ripe peeled mashed
- ☐ 8 slices bread
- ☐ 3 tablespoons butter softened
- ☐ 8 slices bacon cooked
- ☐ 1 pound deli turkey thinly sliced
- ☐ 1 teaspoon garlic powder
- ☐ 2 tablespoons mayonnaise
- ☐ 0.3 pound mozzarella cheese smoked
- ☐ 4 onion rings red sliced

☐ 4 slices tomatoes

Equipment

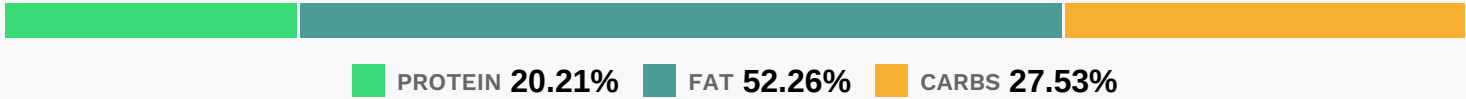
☐ baking sheet

☐ oven

Directions

- ☐ Stir together avocado, mayonnaise, and garlic powder.
- ☐ Spread avocado mixture on one side of 4 bread slices. Top evenly with turkey, tomato, onion, bacon, cheese, and remaining bread slices.
- ☐ Spread half of butter on one side of each sandwich.
- ☐ Place buttered sandwiches on a baking sheet.
- ☐ Place a second baking sheet on top of sandwiches.
- ☐ Bake at 400 for 20 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:9.86, Glycemic Load:2.34, Inflammation Score:-2, Nutrition Score:3.7178260625704%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 98.53kcal (4.93%), Fat: 5.86g (9.01%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 6.94g (2.31%), Net Carbohydrates: 5.49g (2%), Sugar: 1.45g (1.61%), Cholesterol: 13.34mg (4.45%), Sodium: 291.6mg (12.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.19%), Phosphorus: 78.57mg (7.86%), Manganese: 0.13mg (6.49%), Fiber: 1.46g (5.83%), Selenium: 4.06µg (5.8%), Folate: 20.41µg (5.1%), Vitamin K: 4.96µg (4.72%), Vitamin

B3: 0.9mg (4.49%), Copper: 0.08mg (4.17%), Potassium: 143.48mg (4.1%), Vitamin B1: 0.06mg (4.01%), Vitamin B6: 0.08mg (3.75%), Calcium: 35.8mg (3.58%), Magnesium: 14.04mg (3.51%), Vitamin B2: 0.06mg (3.33%), Zinc: 0.5mg (3.33%), Iron: 0.59mg (3.26%), Vitamin B5: 0.3mg (2.99%), Vitamin C: 2.46mg (2.98%), Vitamin E: 0.38mg (2.5%), Vitamin B12: 0.11µg (1.88%), Vitamin A: 83.05IU (1.66%)