



## Panini with Turkey and Cheese

READY IN



15 min.

SERVINGS



15

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup baby spinach leaves
- 1 big colby jack cheese kraft
- 4 slices oscar mayer deli oven roasted turkey breast fresh
- 2 slices bread italian
- 1 tsp mayo with olive oil reduced fat mayonnaise kraft
- 1 Tbsp olive oil
- 3 roasted pepper strips red

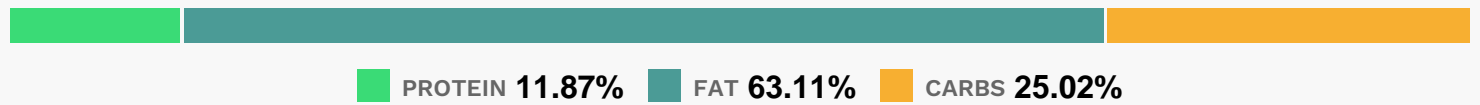
### Equipment

- grill
- panini press

## Directions

- Heat panini grill.
- Spread 1 bread slice with mayo. Fill both bread slices with all remaining ingredients except oil.
- Brush outside of sandwich with oil.
- Grill 2 to 3 min. or until sandwich is golden brown and cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:2.13, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.011739137542%

## Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 28.61kcal (1.43%), Fat: 2.04g (3.14%), Saturated Fat: 0.69g (4.28%), Carbohydrates: 1.82g (0.61%), Net Carbohydrates: 1.63g (0.59%), Sugar: 0.86g (0.96%), Cholesterol: 1.74mg (0.58%), Sodium: 147.18mg (6.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.73%), Vitamin C: 3.58mg (4.34%), Vitamin K: 3.12µg (2.97%), Vitamin B3: 0.45mg (2.27%), Vitamin A: 86.5IU (1.73%), Vitamin B6: 0.03mg (1.42%), Phosphorus: 11.28mg (1.13%), Vitamin E: 0.16mg (1.07%), Folate: 4.08µg (1.02%)