



WHATSheATE



Peppery Turkey Sandwiches

READY IN



10 min.

SERVINGS



4

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup mild banana pepper rings drained
- ☐ 3 ounce monterrey jack cheese with jalapeño peppers
- ☐ 4 ounce multigrain bread
- ☐ 4 tablespoons creamy mustard blend (such as Dijonnaise)
- ☐ 8 ounces cracked pepper-seasoned turkey breast black thinly sliced (such as Sara Lee)

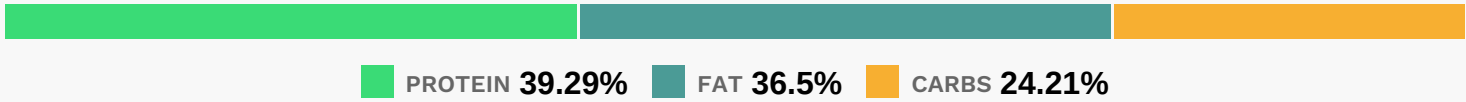
Equipment

- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Place bread slices on a baking sheet. Toast bread on both sides.
- ☐ Spread 1 tablespoon mustard blend over each bread slice.
- ☐ Place on baking sheet. Arrange 2 ounces turkey on each bread slice.
- ☐ Place banana pepper rings evenly over turkey; top sandwiches with cheese slices. Broil 1 minute or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:32.17, Glycemic Load:7.42, Inflammation Score:-4, Nutrition Score:12.977825996992%

Nutrients (% of daily need)

Calories: 217.73kcal (10.89%), Fat: 8.9g (13.69%), Saturated Fat: 4.47g (27.94%), Carbohydrates: 13.28g (4.43%), Net Carbohydrates: 10.93g (3.97%), Sugar: 1.6g (1.78%), Cholesterol: 49.54mg (16.51%), Sodium: 555.28mg (24.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.55g (43.09%), Selenium: 28.37µg (40.53%), Vitamin B3: 6.99mg (34.93%), Manganese: 0.67mg (33.71%), Phosphorus: 304.51mg (30.45%), Vitamin B6: 0.53mg (26.39%), Calcium: 222.21mg (22.22%), Zinc: 1.97mg (13.13%), Vitamin B2: 0.22mg (13.06%), Magnesium: 48.94mg (12.24%), Vitamin B1: 0.16mg (10.74%), Fiber: 2.35g (9.38%), Vitamin B12: 0.53µg (8.89%), Iron: 1.42mg (7.91%), Vitamin B5: 0.72mg (7.24%), Potassium: 247.81mg (7.08%), Copper: 0.11mg (5.57%), Folate: 20.75µg (5.19%), Vitamin A: 186.35IU (3.73%), Vitamin K: 2.97µg (2.83%), Vitamin E: 0.29mg (1.97%), Vitamin D: 0.18µg (1.23%)