



WHATSheATE

Philly Turkey Panini

READY IN



10 min.

SERVINGS



4

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 0.5 lb deli turkey cooked thinly sliced
- ☐ 4 oz mozzarella cheese
- ☐ 8 slices pumpernickel bread

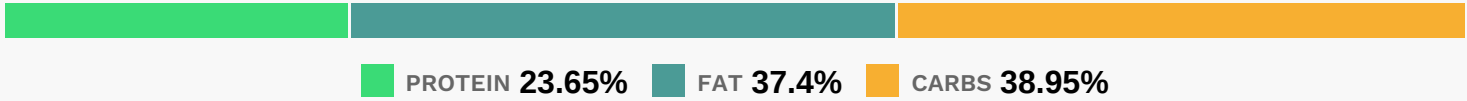
Equipment

- ☐ frying pan

Directions

- ☐ Spread butter on one side of each bread slice. In 12-inch skillet, place 4 bread slices, buttered sides down; top with turkey and cheese. Top with remaining bread slices, buttered sides up.
- ☐ Cover; cook sandwiches over medium heat 4 to 5 minutes, turning once, until bread is crisp and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:14.86, Inflammation Score:-5, Nutrition Score:13.00913050463%

Nutrients (% of daily need)

Calories: 343.01kcal (17.15%), Fat: 14.35g (22.08%), Saturated Fat: 5.29g (33.08%), Carbohydrates: 33.64g (11.21%), Net Carbohydrates: 29.48g (10.72%), Sugar: 1.6g (1.77%), Cholesterol: 40.54mg (13.51%), Sodium: 1301.05mg (56.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.42g (40.84%), Manganese: 0.84mg (42.19%), Phosphorus: 347.43mg (34.74%), Selenium: 20.5µg (29.28%), Calcium: 195.02mg (19.5%), Fiber: 4.16g (16.64%), Copper: 0.33mg (16.43%), Vitamin B2: 0.28mg (16.35%), Folate: 61.57µg (15.39%), Zinc: 2.26mg (15.08%), Vitamin B1: 0.22mg (14.57%), Iron: 2.59mg (14.39%), Magnesium: 55.75mg (13.94%), Vitamin B12: 0.65µg (10.89%), Vitamin B3: 2.01mg (10.04%), Vitamin A: 442.03IU (8.84%), Potassium: 273.84mg (7.82%), Vitamin B6: 0.09mg (4.59%), Vitamin E: 0.54mg (3.6%), Vitamin B5: 0.3mg (3.04%), Vitamin K: 1.16µg (1.11%)