



Pineapple-Turkey Sandwich

READY IN



45 min.

SERVINGS



6

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce bread loaves split french
- ☐ 2 tablespoons butter
- ☐ 8 ounce chive-and-onion-flavored cream cheese softened
- ☐ 0.5 teaspoon pepper
- ☐ 1 pineapple fresh cored
- ☐ 0.5 teaspoon salt
- ☐ 8 ounce swiss cheese
- ☐ 1 pound turkey sliced

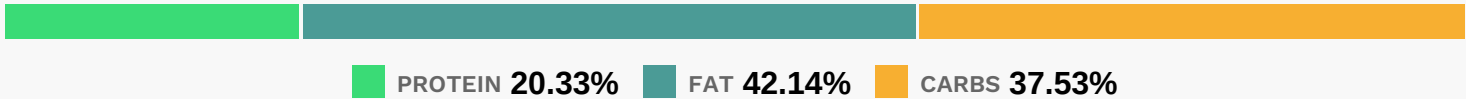
Equipment

☐ frying pan

Directions

- ☐ Cut pineapple into 1/2-inch-thick slices; cut slices in half.
- ☐ Melt butter in a skillet over medium heat; add pineapple, and saute 5 minutes.
- ☐ Sprinkle with salt and pepper.
- ☐ Spread cream cheese evenly on each bread half.
- ☐ Layer bottom bread halves evenly with pineapple, turkey, and cheese; top with remaining bread halves.
- ☐ Cook sandwiches on a lightly greased griddle over medium heat 5 minutes on each side or until bread is toasted and cheese melts.
- ☐ Cut sandwiches into thirds.
- ☐ *For testing purposes only, we used 1 (16-ounce) package Pepperidge Farm Twin French loaves.

Nutrition Facts



Properties

Glycemic Index:29.39, Glycemic Load:29.81, Inflammation Score:-8, Nutrition Score:30.28130414175%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 638.96kcal (31.95%), Fat: 30.13g (46.35%), Saturated Fat: 14.15g (88.45%), Carbohydrates: 60.37g (20.12%), Net Carbohydrates: 55.19g (20.07%), Sugar: 21.05g (23.39%), Cholesterol: 95.63mg (31.88%), Sodium: 1521.11mg (66.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.7g (65.4%), Manganese: 2.33mg (116.64%), Vitamin C: 72.26mg (87.59%), Selenium: 43.14µg (61.62%), Vitamin B3: 10.41mg (52.06%), Phosphorus: 516.13mg (51.61%), Calcium: 508.72mg (50.87%), Vitamin B1: 0.46mg (30.89%), Vitamin B6: 0.59mg (29.51%), Vitamin B2: 0.47mg (27.35%), Folate: 97.91µg (24.48%), Vitamin B12: 1.43µg (23.77%), Zinc: 3.33mg (22.21%), Fiber:

5.18g (20.71%), Iron: 3.54mg (19.69%), Magnesium: 76.36mg (19.09%), Vitamin A: 929.66IU (18.59%), Potassium: 582.53mg (16.64%), Copper: 0.32mg (15.8%), Vitamin B5: 1.34mg (13.38%), Vitamin K: 5.56µg (5.3%), Vitamin E: 0.65mg (4.3%), Vitamin D: 0.15µg (1.01%)