



Pressed Turkey and Farmhouse Cheddar on Egg Bread

READY IN



45 min.

SERVINGS



2

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices day-old brioche
- ☐ 2 ounces cheddar cheese shredded such as lancashire or cotswold, sliced or
- ☐ 2 tablespoons fruit
- ☐ 2 ounces turkey smoked thinly sliced
- ☐ 1 tablespoon butter unsalted at room temperature

Equipment

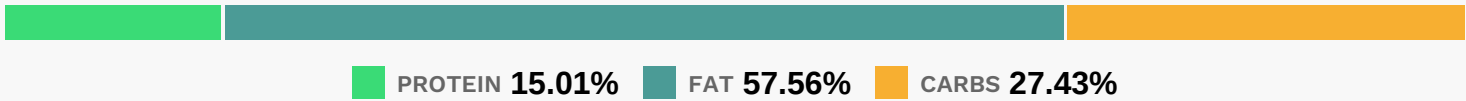
- ☐ frying pan

- ☐ panini press
- ☐ waffle iron

Directions

- ☐ Preheat an electric sandwich press (or waffle iron). Make 2 sandwiches, dividing the cheese and turkey evenly between them.
- ☐ Spread the outside of each sandwich with the butter and cook both on the press or iron. (Or cook the sandwiches in a heavy sauté pan over medium heat, turning once, until the outsides are browned and the cheese has melted.)
- ☐ Serve with the chutney, cranberry sauce, or preserves.
- ☐ Suggestions for the kids
- ☐ Cut off the crusts and press the sandwiches in a waffle iron for the kid-friendliest of presentations (about 2 minutes).
- ☐ Serve with a fruit spread, such as peach or apricot jam.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:0.19, Inflammation Score:-5, Nutrition Score:6.6513043810492%

Nutrients (% of daily need)

Calories: 502.97kcal (25.15%), Fat: 32.5g (49.99%), Saturated Fat: 18.36g (114.78%), Carbohydrates: 34.85g (11.62%), Net Carbohydrates: 34.62g (12.59%), Sugar: 1.77g (1.97%), Cholesterol: 177.59mg (59.2%), Sodium: 529.36mg (23.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.07g (38.14%), Calcium: 245.03mg (24.5%), Vitamin A: 1114.82IU (22.3%), Selenium: 12.38µg (17.69%), Phosphorus: 170.13mg (17.01%), Vitamin B2: 0.17mg (9.89%), Zinc: 1.42mg (9.46%), Vitamin B12: 0.56µg (9.3%), Vitamin B3: 1.61mg (8.06%), Vitamin B6: 0.14mg (7.14%), Iron: 0.97mg (5.37%), Magnesium: 13.57mg (3.39%), Vitamin B5: 0.29mg (2.94%), Vitamin E: 0.39mg (2.62%), Potassium: 81.76mg (2.34%), Vitamin D: 0.34µg (2.24%), Folate: 7.87µg (1.97%), Copper: 0.04mg (1.85%), Vitamin K: 1.85µg (1.76%), Vitamin B1: 0.02mg (1.33%)