



Rodeo Drive Grilled Turkey

READY IN



16 min.

SERVINGS



4

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 tsp butter softened
- 9 oz oscar mayer deli oven roasted turkey breast fresh
- 2 Tbsp parm plus! garlic herb topping italian kraft
- 4 singles kraft
- 8 slices sourdough bread
- 1 medium tomatoes cut into 4 slices

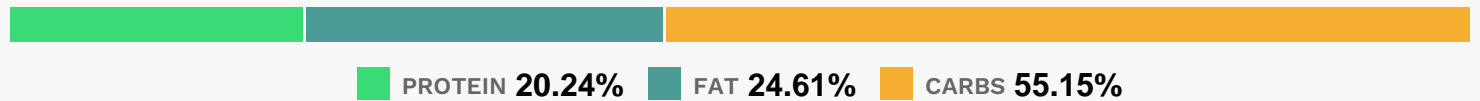
Equipment

- frying pan

Directions

- Mix butter and Italian topping.
- Top 4 of the bread slices with turkey. Cover evenly with Singles, tomatoes and remaining bread slices.
- Spread outsides of sandwiches with butter mixture.
- Cook in skillet on medium heat 3 min. on each side or until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:51.53, Inflammation Score:-8, Nutrition Score:21.641739225906%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 505.27kcal (25.26%), Fat: 13.92g (21.42%), Saturated Fat: 3.75g (23.42%), Carbohydrates: 70.19g (23.4%), Net Carbohydrates: 67.01g (24.37%), Sugar: 7.27g (8.08%), Cholesterol: 38.94mg (12.98%), Sodium: 1561.97mg (67.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.76g (51.51%), Selenium: 45.03µg (64.33%), Vitamin B1: 0.95mg (63.45%), Vitamin B3: 12.13mg (60.67%), Folate: 166.61µg (41.65%), Manganese: 0.72mg (35.99%), Vitamin B2: 0.6mg (35.53%), Phosphorus: 317.1mg (31.71%), Iron: 5.34mg (29.65%), Vitamin B6: 0.45mg (22.31%), Magnesium: 61.21mg (15.3%), Potassium: 458.58mg (13.1%), Fiber: 3.19g (12.75%), Vitamin A: 619.79IU (12.4%), Zinc: 1.73mg (11.56%), Copper: 0.23mg (11.27%), Vitamin B5: 1.08mg (10.85%), Calcium: 86.59mg (8.66%), Vitamin E: 0.93mg (6.2%), Vitamin C: 4.23mg (5.13%), Vitamin K: 3.33µg (3.17%), Vitamin B12: 0.1µg (1.65%)