



Salsa-Turkey Grill

READY IN



10 min.

SERVINGS



1

CALORIES



223 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 slices oscar mayer deli bold mesquite turkey breast smoked fresh
- 1 singles fat free kraft
- 2 slices grain bread whole
- 1 Tbsp taco bellâ® & chunky salsa thick
- 1 tsp vegetable oil spread

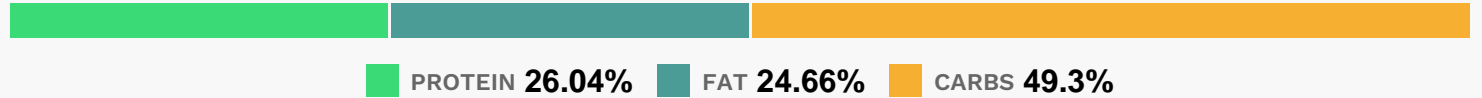
Equipment

- frying pan

Directions

- Fill bread slices with Singles, turkey and salsa.
- Spread outside of sandwich with vegetable oil spread.
- Cook in nonstick skillet on medium heat 2 to 3 min. on each side or until Singles is melted and sandwich is golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:69.7, Glycemic Load:14.48, Inflammation Score:-4, Nutrition Score:11.170434817672%

Nutrients (% of daily need)

Calories: 223.05kcal (11.15%), Fat: 6.15g (9.46%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 27.67g (9.22%), Net Carbohydrates: 23.98g (8.72%), Sugar: 4.04g (4.49%), Cholesterol: 15.52mg (5.17%), Sodium: 999.54mg (43.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.62g (29.23%), Manganese: 1.22mg (60.8%), Phosphorus: 246.15mg (24.62%), Selenium: 14.61µg (20.87%), Vitamin B1: 0.23mg (15.05%), Fiber: 3.69g (14.74%), Magnesium: 58.92mg (14.73%), Vitamin B3: 2.68mg (13.42%), Copper: 0.26mg (12.91%), Iron: 2.04mg (11.35%), Calcium: 110.13mg (11.01%), Zinc: 1.46mg (9.73%), Potassium: 289.17mg (8.26%), Vitamin B6: 0.15mg (7.65%), Folate: 24.29µg (6.07%), Vitamin B2: 0.1mg (6.07%), Vitamin A: 277.86IU (5.56%), Vitamin K: 5.12µg (4.88%), Vitamin E: 0.67mg (4.45%), Vitamin B5: 0.42mg (4.24%)