



Southwest Grilled Cheese

READY IN



10 min.

SERVINGS



10

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp black bean salsa
- 1 big habanero cheese hot kraft
- 3 slices oscar mayer deli oven roasted turkey breast fresh
- 1 tsp cilantro leaves fresh
- 1 Tbsp olive oil
- 2 slices sourdough bread

Equipment

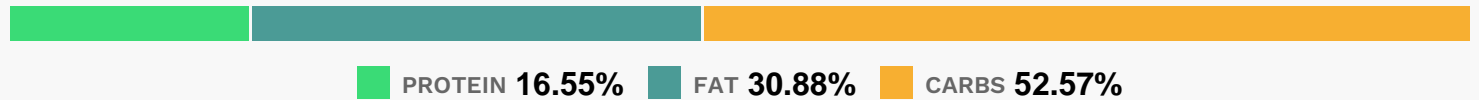
- grill

panini press

Directions

- Heat panini grill.
- Fill bread slices with salsa, turkey, cilantro and cheese.
- Brush outside of sandwich with oil.
- Grill 2 to 3 min. or until golden brown.

Nutrition Facts



Properties

Glycemic Index:13.95, Glycemic Load:5.12, Inflammation Score:-1, Nutrition Score:1.9508695517383%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 54.93kcal (2.75%), Fat: 1.9g (2.92%), Saturated Fat: 0.3g (1.88%), Carbohydrates: 7.26g (2.42%), Net Carbohydrates: 6.81g (2.48%), Sugar: 0.96g (1.06%), Cholesterol: 1.94mg (0.65%), Sodium: 114.91mg (5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.57%), Vitamin B1: 0.09mg (6.18%), Selenium: 4.16µg (5.95%), Vitamin B3: 0.94mg (4.72%), Folate: 16.02µg (4.01%), Manganese: 0.07mg (3.4%), Vitamin B2: 0.06mg (3.39%), Iron: 0.58mg (3.24%), Phosphorus: 23.15mg (2.32%), Fiber: 0.45g (1.8%), Vitamin E: 0.24mg (1.61%), Vitamin B6: 0.03mg (1.49%), Magnesium: 5.06mg (1.27%), Zinc: 0.16mg (1.03%), Copper: 0.02mg (1.01%)