

Southwest Turkey Grill

READY IN



11 min.

SERVINGS



11

CALORIES



44 kcal

SIDE DISH

Ingredients

- 1.5 tsp butter softened
- 6 slices oscar mayer deli oven roasted turkey breast fresh
- 1 singles kraft
- 1 Tbsp taco bellâ® & chunky salsa thick
- 2 slices sourdough bread

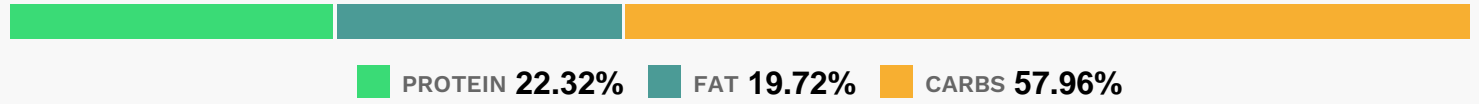
Equipment

- frying pan

Directions

- Spread 1 bread slice with salsa; cover with turkey, Singles and remaining bread slice.
- Spread outside of sandwich with butter.
- Cook in skillet on medium heat 3 min. on each side or until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:11.86, Glycemic Load:4.66, Inflammation Score:-1, Nutrition Score:1.9578261116277%

Nutrients (% of daily need)

Calories: 43.56kcal (2.18%), Fat: 0.96g (1.48%), Saturated Fat: 0.45g (2.81%), Carbohydrates: 6.35g (2.12%), Net Carbohydrates: 6.07g (2.21%), Sugar: 0.66g (0.73%), Cholesterol: 4.82mg (1.61%), Sodium: 153.77mg (6.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.89%), Selenium: 4.21µg (6.02%), Vitamin B3: 1.17mg (5.86%), Vitamin B1: 0.09mg (5.76%), Folate: 14.86µg (3.71%), Vitamin B2: 0.06mg (3.26%), Manganese: 0.06mg (3.21%), Phosphorus: 30.57mg (3.06%), Iron: 0.49mg (2.71%), Vitamin B6: 0.04mg (2.22%), Magnesium: 5.68mg (1.42%), Potassium: 41.78mg (1.19%), Fiber: 0.29g (1.14%), Zinc: 0.16mg (1.07%), Vitamin B5: 0.11mg (1.07%)