



Tangy Turkey and Swiss Sandwiches

READY IN



25 min.

SERVINGS



4

CALORIES



950 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown mustard coarse-grain
- 6 tablespoons butter softened
- 1 tablespoon thyme leaves dried
- 8 slices bread french country style
- 0.5 cup mayonnaise
- 0.8 cup onion red chopped
- 1 pound roast turkey thinly sliced
- 8 slices swiss cheese
- 8 slices tomatoes

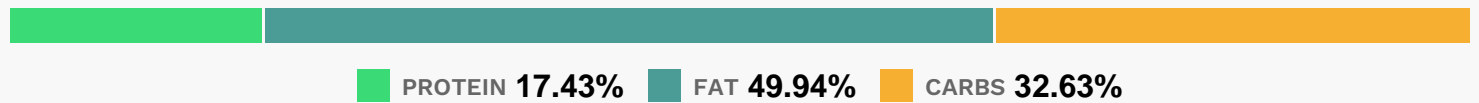
Equipment

- bowl
- frying pan

Directions

- In a small bowl, stir together the red onion, thyme, mayonnaise and mustard.
- Spread some of this mixture onto one side of each slice of bread.
- Spread butter onto the other side of the slices of bread.
- Heat a large skillet over medium heat.
- Place 4 slices of the bread into the skillet with the butter side down. On each slice of bread, layer 1/4 of the sliced turkey, then 2 slices of tomato, and top with 2 slices of Swiss cheese.
- Place remaining slices of bread over the top with the butter side up. When the bottoms of the sandwiches are golden brown, flip over, and cook until golden on the other side.

Nutrition Facts



Properties

Glycemic Index:68.13, Glycemic Load:52.6, Inflammation Score:-9, Nutrition Score:31.636521759241%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg

Nutrients (% of daily need)

Calories: 950.1kcal (47.51%), Fat: 53.16g (81.79%), Saturated Fat: 21.25g (132.83%), Carbohydrates: 78.16g (26.05%), Net Carbohydrates: 73.63g (26.78%), Sugar: 10.82g (12.03%), Cholesterol: 124.82mg (41.61%), Sodium: 2502.64mg (108.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.75g (83.5%), Selenium: 51.01µg (72.88%), Vitamin K: 70.09µg (66.76%), Vitamin B1: 0.97mg (64.49%), Phosphorus: 639.65mg (63.97%), Folate: 181.5µg (45.38%), Manganese: 0.89mg (44.5%), Iron: 7.95mg (44.19%), Calcium: 424.1mg (42.41%), Vitamin B2: 0.69mg (40.49%),

Vitamin B3: 6.67mg (33.37%), Copper: 0.56mg (28.06%), Zinc: 4.15mg (27.66%), Vitamin A: 1314.07IU (26.28%),
Magnesium: 100.19mg (25.05%), Vitamin B12: 1.1µg (18.27%), Fiber: 4.53g (18.11%), Potassium: 608mg (17.37%),
Vitamin E: 2.33mg (15.51%), Vitamin B6: 0.25mg (12.71%), Vitamin C: 10.22mg (12.39%), Vitamin B5: 0.74mg (7.42%)