



## The Grilled Gobbler

READY IN



11 min.

SERVINGS



1

CALORIES



298 kcal

SIDE DISH

### Ingredients

- 4 slices oscar mayer deli oven roasted turkey breast fresh
- 1 tsp grey poupon dijon mustard
- 2 slices bread italian
- 1 singles kraft
- 1 Tbsp miracle whip dressing divided
- 2 slices tomatoes

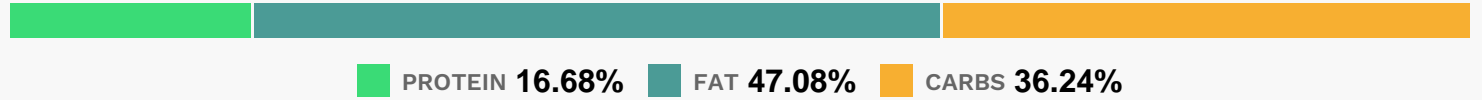
### Equipment

- frying pan

## Directions

- Spread 1 bread slice with 1 tsp. dressing; spread remaining bread slice with mustard. Fill bread slices with Singles, turkey and tomatoes.
- Spread outside of sandwich with remaining dressing.
- Cook in skillet on medium heat 3 min. on each side or until golden brown on both sides.

## Nutrition Facts



## Properties

Glycemic Index:70, Glycemic Load:0.57, Inflammation Score:-5, Nutrition Score:7.6547826658125%

## Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 297.93kcal (14.9%), Fat: 15.73g (24.2%), Saturated Fat: 8.08g (50.51%), Carbohydrates: 27.24g (9.08%), Net Carbohydrates: 24.68g (8.97%), Sugar: 15.93g (17.7%), Cholesterol: 26.08mg (8.69%), Sodium: 839.56mg (36.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.54g (25.08%), Vitamin B3: 6.5mg (32.49%), Phosphorus: 166.55mg (16.66%), Vitamin B6: 0.26mg (13.01%), Potassium: 405.28mg (11.58%), Selenium: 8.04µg (11.48%), Fiber: 2.57g (10.28%), Vitamin A: 490.39IU (9.81%), Folate: 37.01µg (9.25%), Vitamin C: 7.42mg (8.99%), Vitamin B1: 0.11mg (7.23%), Iron: 1.27mg (7.07%), Magnesium: 27.62mg (6.91%), Vitamin B5: 0.53mg (5.31%), Vitamin B2: 0.09mg (5.08%), Manganese: 0.09mg (4.65%), Vitamin K: 4.34µg (4.13%), Zinc: 0.47mg (3.16%), Vitamin E: 0.46mg (3.08%), Copper: 0.05mg (2.26%), Calcium: 21.91mg (2.19%), Vitamin B12: 0.07µg (1.12%)