



WHATSheATE



Turkey, Apple, and Swiss Melt

READY IN



45 min.

SERVINGS



4

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ounce bread whole-wheat
- ☐ 8 ounces lower-sodium deli turkey breast thinly sliced
- ☐ 1 tablespoon dijon mustard
- ☐ 5 ounces apples i use 2 granny smith apples thinly sliced (1 small)
- ☐ 1 tablespoon honey
- ☐ 4 ounce swiss cheese

Equipment

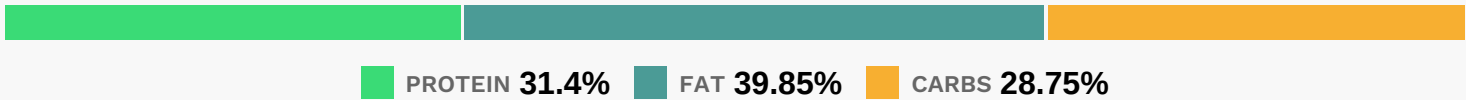
- ☐ bowl

☐ frying pan

Directions

- ☐ Combine mustard and honey in a small bowl.
- ☐ Spread one side of each of 4 bread slices with 1 1/2 teaspoons mustard mixture.
- ☐ Place one cheese slice on dressed side of bread slices; top each with 5 apple slices and 2 ounces turkey. Top sandwiches with remaining 4 bread slices. Coat both sides of sandwiches with cooking spray.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add sandwiches to pan. Cook 2 minutes on each side or until bread is browned and cheese melts.

Nutrition Facts



Properties

Glycemic Index:50.48, Glycemic Load:5.48, Inflammation Score:-3, Nutrition Score:7.4295651394388%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg, Epicatechin: 2.67mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 215.13kcal (10.76%), Fat: 9.69g (14.91%), Saturated Fat: 5.34g (33.4%), Carbohydrates: 15.74g (5.25%), Net Carbohydrates: 14.44g (5.25%), Sugar: 9.42g (10.47%), Cholesterol: 44.51mg (14.84%), Sodium: 803.64mg (34.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.18g (34.37%), Phosphorus: 311.57mg (31.16%), Calcium: 272.21mg (27.22%), Selenium: 11.89µg (16.99%), Vitamin B12: 0.86µg (14.27%), Zinc: 1.85mg (12.33%), Copper: 0.18mg (8.99%), Magnesium: 31.25mg (7.81%), Vitamin B2: 0.12mg (6.91%), Manganese: 0.12mg (5.91%), Iron: 1.05mg (5.81%), Potassium: 192.63mg (5.5%), Fiber: 1.31g (5.22%), Vitamin A: 257.24IU (5.14%), Vitamin B1: 0.05mg (3.02%), Folate: 10.01µg (2.5%), Vitamin B3: 0.47mg (2.36%), Vitamin B6: 0.05mg (2.3%), Vitamin B5: 0.22mg (2.16%), Vitamin C:

1.69mg (2.04%), Vitamin E: 0.26mg (1.74%), Vitamin K: 1.58μg (1.5%)